

CONVERSATION MEANS BEING ABLE TO DISAGREE AND STILL CONTINUE THE CONVERSATION.—Dwight MacDonald

The Bethel Oxford County Citizen

Volume LXXXIV—Number 21

BETHEL, MAINE, THURSDAY, MAY 25, 1978

15 Cents a Copy

C. C. S. REPORTS

SUCCESSFUL FOOD FESTIVAL

The Oxford County Community Services food and nutrition program under the direction of Mrs. Linda Haegle of Newry, held a very successful Food Festival on Saturday at Oxford Hills High School. Several agencies participated in demonstrations with foods supplying information and examples of good nutrition.

Participants from this area included Paul Wilson of Bethel, a member of the Maine Beekeepers Association. He had an exhibit consisting of live bee hives and noted the advantages of honey as a sweetener versus sugar and also explained the many different kinds of honey such as clover, goldenrod and alfalfa.

Hugh Swan of Locke Mills demonstrated an electric dehydrator designed and made by him and displayed a variety of dried fruits, vegetables and meats. He explained the advantages of dried foods, which he considers nutritionally superior to canned as added preservatives, coloring or chemicals are not necessary. Storage space required is much less than other types of preservation and for hikers and campers dehydrated food is especially easy to pack and carry. Other methods of drying include use of solar energy and various home drying methods which also produce satisfactory results.

7th ANNUAL K. OF P. CANOE MARATHON SET FOR JUNE 3 ON ELLIS RIVER

A large turnout is expected to gather along the Ellis River Saturday, June 3, to witness and participate in the seventh annual Knights of Pythias Canoe Marathon.

The racing portion of the Ellis, made up mostly of flat water, twists its way for 11-plus miles starting at the famed South Andover Covered Bridge and ends at the Rumford Point Bridge that crosses the Androscoggin.

This is hopefully the big money raiser for the Lodge and Sisters so they can carry on their service activities and support numerous foundations.

There will be four different racing categories with the first race getting underway at 8:30 a. m. For further information, please contact Herb Adams, Race Chairman, at Box 65, Hanover, Maine.

ANDOVER C. E. B. CHURCH PUBLIC SUPPER
SAT., MAY 27 6 P. M.
Meat pie — salads
dessert pie — Coffee
Adults \$2.50 C.U.T. \$1.00

Auction

SAT., MAY 27 10 A. M.
PINE ST., ANDOVER
Complete contents of home of the late Mr. and Mrs. V. M. Perkins
Rain or Shine — Catered
E. Lyons Jr., Auctioneer

ROBERT CRANE ASSOCIATES
Real Estate
Photo Copies — Notary
10 BROAD ST.
BETHEL
Just Beyond Bethel Inn

2nd ARTS & CRAFTS FESTIVAL, SAT., JULY 29

Plans are being formulated for the Second Arts and Crafts Festival sponsored by the Bethel Hospital Auxiliary. The Festival will be held again this year at the Gould Academy Field House, Saturday, July 29.

Because of the success of the Festival last year, many people have expressed interest in participating again. There is a lot of space available, so request information for registering early. Contact Gail Connors at the Bethel or Barbara D. Brown.

BETHEL FOOD & NUTRITION CENTER TO HOLD MEMBERSHIP MEETING

The Bethel Food and Nutrition Center will hold its first membership meeting on Wednesday, May 31, at the Congregational Church in Bethel. The membership meeting will follow the regular monthly food co-op meeting, and will begin at approximately 8 p. m.

Anyone interested in becoming a member—or anyone interested in obtaining more information about the Food Center—is most welcome to attend.

ANNUAL AWARDS BANQUET OF CHAMBER OF COMMERCE SCHEDULED FOR JUNE 8

The Ninth Annual Citizenship Awards Banquet sponsored by the Greater Bethel Chamber of Commerce will be held Thursday, June 8, at the Bethel Inn.

Two Telstar students will be presented citizenship awards for their participation in school activities and their roles as good citizens of the school community. These two awards will be presented by Dr. Wayne Gersen, Telstar principal. The Senior Citizenship Award will be presented by Muriel Fauti, Howard Cole will present the Henry H. Hastings Award. This popular event will require advance reservation by calling the Bethel Inn.

or phone 364-2197.

To highlight the day there will also be a field day at the finish area (weather permitting) and a baked bean supper at the Lodge Hall in Hanover in the early evening.

Trophies will be awarded to the various winners and prizes drawn from the supper. Come and have a day of fun.

LAWN SALE

May 27-28-29
10 a. m. - 5 p. m.

Ordway Campground
Rte. 2 West Bethel

For Sale

'72 FORD MAVERICK, 4-door, std. shift. Good inside, runs well, has rust spots on fenders. One driver, 80,000 miles, largely on tpk. \$695.00.

CALL 824-2086

PLANTS

CUT FLOWERS
Memorial Bouquets and Arrangements
COBURN'S FLOWER SHOP and GREENHOUSE
Paradise Street Bethel
Tel. 824-2063

MEMORIAL DAY EXERCISES AT LOCKE MILLS MAY 29

Memorial Day, May 29, will be observed in Locke Mills through the efforts of Jackson-Silver Post and Unit #68, American Legion and Auxiliary.

State Service Officer, Howard Eisman of Tugus, will be the speaker at the Honor Roll. He is very knowledgeable and worth going to hear.

Parade forms at 9 a. m. at the Legion Hall. Telstar Marching Band, under the direction of Jerry Hefley, will furnish the music. The march will be Post Commander Hermon Cumming, Jr., followed by the colors and the firing squad. Poppy Girl, three-year-old Rebecca West, will march with President Sylvia Dunham. The chaplains will carry the wreaths.

A short program will take place at the Village Honor Roll, then the parade proceeds to the cemetery for an appropriate service and back to the Hall where the children receive their ice cream.

All veterans, their ladies, the D.U.V. of Bryant Pond, the Boy and Girl Scouts, the Cubs and Brownies and other children who want to march and carry a flag are invited to join in.

At 10:30 a. m. the colors and firing squad will be at East Bethel for the usual service and all will go to Bryant at 1 p. m. for the parade there.

Warren Smith, District Commander, is the chairman.

ANDROSCOGGIN FERRIES TOPIC OF HISTORICAL SOCIETY MEETING JUNE 1

Ferries on the Androscoggin River in the Bethel area will be the featured topic at the monthly meeting of the Bethel Historical Society to be held Thursday, June 1, at 7:30 p. m. in the meeting room of the Dr. Moses Mason House. The speaker will be Frank Worcester of Hanover who was very familiar with the Hanover Ferry which ran between Bethel and Hanover between 1873 and 1934. Mr. Worcester, a graduate of Gorham State Teachers College and a retired vocational education teacher, has been researching this topic for a number of years and has collected several fine photographs of ferries on the Androscoggin. Ferries were an essential means of travel in the days before bridges and Mr. Worcester will reveal some of the history associated with them.

The meeting is open to anyone interested. Refreshments will follow the program.

LAWN SALE

SAT. JUNE 3 — 10-3
EMERSON MERRILL'S
Flat Road—West Bethel
Coleman Stove & Lantern — 20" Girls Bike

30' x 40' GARDEN PLOTS

\$27.50
\$5.00 deposit
with payment in full before planting
Plowed, harrowed, and fertilized, and ready to plant for end of May.

ROBERTS POULTRY FARM
Bethel

THE GEM SHOP

OPEN FOR THE SEASON
Daily 9 a. m. - 6 p. m.
Sunday 10 a. m. - 5 p. m.
Tel. 824-2085
Bridge Street Bethel

COMMENTS FROM THE TOWN MANAGER'S OFFICE

Absentee ballots are now available at the Town Office for voters who will be out of town on Primary Election Day, June 13. Persons wishing to vote absentee should contact Town Clerk Merton Brown at the Town Office. The election warrant and specimen ballots for the election are posted at the Town Office, Head's Store in West Bethel, and the East Bethel Grange Hall.

The Town Office will be closed Monday, May 29, in observance of Memorial Day.

The Board of Selectmen met Monday evening, May 22, and acted on a long and varied agenda. They began the meeting with a tour at the sewage treatment plant, Paul Judkins, plant operator, explained the plant operation with particular emphasis on the freezing of the clarifiers during the winter months. Terry Lorber viewed the status of the facilities planning study with the board. Mr. Lorber presented maps which showed the problems with the sewer main system (much of the system has pipe in poor condition) which allows substantial amounts of infiltration during high ground water periods. He also explained the problems caused by excess inflow, which mainly comes from college pump pumps which discharge into sewer drains.

The Selectmen then walked the sidewalks on Main Street to review their condition prior to the continued on Page Four

CALENDAR OF EVENTS

May 26, Friday, Gould Academy Senior Prom.

May 27, Saturday, Telstar boys and girls regional track meet. Gould Academy graduation exercises, start at 10 a. m.

May 30-June 2, programs for school classes at the Bethel Library.

June 3, Saturday, 1 p. m. library lawn, outdoor fair and Celebration Mime Trio.

TBA, NTL arrival at Gould.

June 3, Saturday, 7th Pythian canoe marathon, Ellis River; starts 8:30 a. m. at Lovejoy Covered Bridge. Supper afterwards.—Telstar boys and girls in State track meet.

June 8, Thursday, 9th Annual Citizen Awards banquet at the Bethel Inn.

June 11, Sunday, Telstar High School Baccalaureate Services.

June 14, Wednesday, Telstar High School graduation exercises; 6 p. m. outside or 8 p. m. inside if raining.

PUBLIC SUPPERS

ODD FELLOWS HALL, BETHEL

First and Third Saturdays
5:00 to 6:30 p. m.

Sponsored by
Mt. Abram Lodge, I.O.O.F.

ROBERTS POULTRY FARM

2 1/2 doz. X-LARGE \$1.75
5 doz. X-LARGE \$3.45
3 1/2 doz. CHEX \$2.20
4 doz. CRACKS \$1.00
10 lbs. POTATOES 83c

CLOSED MON., MAY 29

AT THE FARM

Rt. 2 Rumford Road

Telephone: 364-4626

RUMFORD, ME.

Open House to Celebrate

Hilda Brown's

20 Years of Service

with S. A. D. #44

Hot Lunch Program

Classes 1958-1978

HOPE TO SEE YOU

Sunday, June 4, from 2-4 p. m.

Telstar High School Cafeteria

Money Tree Available

Political Advertisement

Phil Merrill

The Democrat for Governor...

A Positive Force for Maine

★ ★ VOTE JUNE 13 ★ ★

For information on Phil

Call 824-2089

Paid for by

Bethel Committee for Merrill

C. Newell, Treas.

DISCOUNT FLOOR COVERINGS

AND MORE

HOURS

Mon. thru Fri. 12-8

Come visit us after supper.

Sat. 10-5

For your special someone come see our unique plastic greeting cards for only 75c each, 100 selections.

Also suede key fobs with your favorite logo at \$1.50 each

OPEN HOUSE AT ETHEL BISBEE SCHOOL TONIGHT (THURSDAY)

Tonight, Thursday, May 25, is the night of the Open House at Ethel Bisbee School for parents and friends of the school. Guests are invited to visit in each of the classrooms and talk with teachers and volunteer helpers. Refreshments will be served in the library.

"What Did You Do At School Today?" is the theme for the evening. Come discover some interesting and fun answers.

BETHEL POPPY DAYS SET FOR MAY 26-27

The Auxiliary of Mundt-Allen A. L. Post #81 met Thursday evening at the Legion Hall with eight members attending. All bills were voted to be paid and plans made for Memorial Day.

Poppy Days in Bethel will be Friday and Saturday, May 26-27. Please buy a poppy from Miss Poppy. It all helps the veterans.

The next meeting of the Auxiliary will be Tuesday, June 13.



MISS POPPY, 1978 — Miss Karen Elizabeth Davis of Bethel has been chosen Miss Poppy for the Mundt-Allen A. L. Post and Unit #81 week end observance of Memorial Day. She will be assisting Auxiliary members with the sale of veteran made poppies during Poppy Days, May 26-27 and will participate in Bethel's Memorial Day parade on Monday, May 29.

Miss Poppy made her first appearance when she marched with the Mundt-Allen Unit President, Lucia Smith, in the Second District Convention parade at Locke Mills on Sunday, May 21. Karen, a six-year-old kindergarten student at Ethel Bisbee School, is the daughter of Mr. and Mrs. Daniel R. Davis of Middle Intervale Road.

Dr. Shaw's Office on Main St. will be closed May 27th-May 30th in observance of Memorial Day.

L & F Country Store

West Bethel, Maine

Potting soil, package and bulk seeds, lawn seed, onion sets, glad bulbs, Hot Kap plant protectors.

Tel. 836-2559

Open House to Celebrate

Hilda Brown's

20 Years of Service

with S. A. D. #44

Hot Lunch Program

Classes 1958-1978

HOPE TO SEE YOU

Sunday, June 4, from 2-4 p. m.

Telstar High School Cafeteria

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Political Advertisement

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DISCOUNT FLOOR COVERINGS

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HOURS

Mon. thru Fri. 12-8

Come visit us after supper.

Sat. 10-5

For your special someone come see our unique plastic greeting cards for only 75c each, 100 selections.

Also suede key fobs with your favorite logo at \$1.50 each

MEMORIAL DAY PROGRAM — MONDAY, MAY 29

Memorial Day exercises will be held in Bethel Monday, May 29. All veterans are urged to participate in the services for memorial of their fallen comrades.

The program, as announced by Mundt-Allen Post #81 Commander Sonny Bean, who will also serve as master of ceremonies, begins with assembly at the head of Main Street at 10:45 a. m. At 11 o'clock the parade will begin and proceed to lower Main Street where services will be held at the soldier's monument. The invocation will be offered by Dale Thurston, Mundt-Allen #81 Chaplain, and music by Telstar Regional High School Band. Poppy poster contest awards will be presented. Donald C. Bennett, Col. U.S.A. Ret., will deliver the Memorial address. The program will conclude with a salute to the dead: Mundt-Allen Post #81 Firing Squad, taps and echo and the Star Spangled Banner by the band, and benediction by Mr. Thurston.

Invited to participate in the parade and services are all American Legion and Auxiliary members, veterans, Boy and Girl Scouts, Cubs and Brownies, children and adults of the community.

FIFTEEN CENTS TO BE COST OF MAILING 1st CLASS LETTER STARTING MAY 29

Starting next Monday, May 29, it will cost 15 cents to mail a first class letter. After the first ounce, first class letters will be charged an additional fee of 13 cents per ounce.

The increase to 15 cents per letter is the fifth in the last decade. The first class letter rate went from five cents to six cents in 1968, to eight cents in 1971, 10 cents in 1974 and 13 cents in 1975.

The expense of mailing a post card will increase from nine to 10 cents.

Also, rates for mailing newspapers and magazines are to go up an average 29.6%, advertising circulars, 20.3%, and parcels, 36.8%.

BANKS, POST OFFICE, TOWN OFFICE CLOSED MONDAY

In observance of Memorial Day, Bethel Savings Bank, Casco Bank, Post Office and the Bethel Town Office will be closed on Monday, May 29.

NOTICE

All girls, ages 8-11 interested in playing softball this summer, please meet at Telstar Regional High School, Wednesday, May 31, at 6 p. m.

SUNSHINE CLEANING SERVICE

Housekeeping—Offices—Camps

LETTIE LUSIER — 824-2109

Free Estimates

AA (Alcoholics Anonymous),

Casco Bank, Bethel, Wednesdays at 8 p. m.

Is someone else's drinking a problem for you? AL-ANON Meetings every Wednesday night—8 p. m. in Bethel Savings Bank. Call 824-2233 or 824-2058 for information.

Car Wash

BETHEL SHELL STATION

Saturday, May 27

9 a. m. - 5 p. m.

\$1.00

Sponsored by Class of '79

Telstar Regional High School

9th Annual Citizenship Awards Banquet

THURS., JUNE 8 BETHEL INN

Social Hour 6-7 p. m.

Dinner 7 p. m.

Call Bethel Inn 824-2175 For Reservations

Sponsored by Bethel Chamber of Commerce

Knights of Pythias Canoe Marathon

7th ANNUAL RACE

June 3, 1978 — Time 8:30

4 Classes—Maine Race, Mixed Doubles

Powder Puff, Boys Race

Prizes and Trophies

Baked Bean Supper to Follow

For Further Information

Contact Herb Adams, Box 65, Hanover, 364-2197

The Window Box

CLOSE-OUT SALE

All Merchandise — One-Half Price

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For Further Information

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AIRPLANE RIDES

WEEKENDS AT COL. DYKE FIELD

10 Minutes — \$7 per person

Minimum 2 People

Look for the white, red and gold plane

N558SM or Ask for Bob

Hanover

Pam Morton, Corres.

Mr. and Mrs. Carl Kingsbury have returned home from a Florida vacation and have been visiting in the area.

Frank and Bessie Etl of Connecticut were week end guests of the Makolm Gross family. While in Hanover, the Etl's attended a cookout at the Gross home. Other guests were: Brian and Brenda Gross, Mike and Cathy Gross, Marcia and Warren Stearns and David.

Hanover folks attending the Republican Convention in Augusta on Friday and Saturday were: Paul Ramsey, Norm Ferguson Sr., Norm Ferguson Jr., Warren Stearns.

Sympathy is extended to Barbara Burns at the loss of her father.

Becky Stearns was named one of the "Top Ten" senior students at Rumford High School this year.

Becky Stearns and Dan Ferguson were both awarded Boise Cascade Scholarships.

Charles Burnham was in New Brunswick on a fishing trip last week, returning home Friday with some tales about "the one that got away."

Sue Everett, Scott Ferguson, and Raymond Chase have returned home from their colleges for the summer.

Mrs. Ernest Holt is home from the hospital and is recuperating.

Mr. and Mrs. George Hayden of Poland Spring were here for the week end.

Mr. and Mrs. Robert Lawrence were in Hanover on Sunday.

Mr. and Mrs. Freeman Ellingwood were camping in Nobleboro over the week end.

Mr. and Mrs. Freeman Ellingwood took Mrs. Marjorie Cummings to Westford, Mass., on Tuesday to visit Mrs. Allan Carlson.

South Woodstock

Olive Davis, Corres.

This will pass for a rainy week. The gardens that were too dry are too wet, I am told. So crops will have to wait until the soil dries out.

Carl, Lettie Brooks, Lyndell Farr, Arline Farr and I attended Pleasant Pond Grange meeting at West Sumner where the girls all held an office as it was CWA night there. They had a good attendance and another one of their bountiful suppers was served.

Youth Night was observed at Franklin Grange Monday night which Mr. and Mrs. Carl Brooks and I attended. Tuesday, they invited me to ride to Rumford where we did some shopping.

Lettie Brooks and I attended the Retired Teachers meeting at Oxford while Carl Brooks, Mr. and Mrs. Richard Felt attended the open house at Newry carried out by Bear River Grange. They played some musical numbers while there.

Mr. and Mrs. Perry Ryerson were home from Augusta, calling on different people.

Leslie Bryant was down fixing the garden plot ready for planting Saturday for me.

Dandelion greens are at their height right now. They will soon be too tough, so you had better get them soon if you like them.

Devens Andrews was in Madison Saturday playing at a dance with Elton Record's string orchestra.

Memorial Day is around the corner. It is time for getting flowers for those loved ones who have left us.

BUILDING - REMODELING
ROOFING and
CHIMNEY CLEANING
AL SUMNER
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PRINCESS THEATRE
BERLIN, NEW HAMPSHIRE
Open Every Day - Year Round
WED. MAY 24 - TUES. MAY 30
Harold Robbins'
THE BETSY
6:30 - 8:30

STARTS WED. MAY 31
COMA

RUMFORD
CINEMA 1 & 2
Rt. 2 TEL. 364-2630

Saturday
Night Fever
(R)
Ends Thurs.
Wed. & Thurs. 6:30 & 8:30

Rabbit Test
(P.G.)
Eve. 6:30 & 8:30
Mat.: Sat., Sun., Mon., 1:30

Return From
Witch Mountain
(G.)
Starts Fri.
Eve.: 6:30 & 8:30
Mat.: Sat., Sun., Mon., 1:30

Northwest Bethel

Clarice Gibson, Corres.

Every day one looks around we once again see the wonders of nature all around. The violets are in full bloom and not only in our flower garden but on the lawn, on the bank, and out back by the grove one can find little nose-gays of white and violet blooms. After the rains of the first of the week, the rains once again swelled the river so it overflowed onto the intervals.

Next week end is Memorial week end. Remember the ones living as well as your departed loved ones. If you don't have time to visit, just a note to let them know you are still thinking of them.

How wonderful to hear the music of the chimes from the West Bethel Church drifting across the river. It sounds so beautiful especially when they play them at night and we are out in the garden.

Stan Moore hired another crew for Saturday, Billy and Jody Shimanura, Ricky Angevine, and Ira Gibson.

Dieting Mentally
I've noticed lately that my chin has such a double look. I must go to see a good masseur or streamline all I cook. My! How my cheeks are sagging in.

Altho my face is fat. My distribution must be poor. What can I do for that? Dear me! It seems that all lines are dismally sagging.

In fact my waist is curving out... Just like a pollywog. One can't go out when she's so fat, and stuffy "with a wheeze."

Oh, skip it all. I'll just stay home, and eat the things I please.

Mr. and Mrs. Homer Smith had Kerry and Dian Smith from Lebanon, N. H., as Saturday guests.

Tuesday night we entertained my nephew and family, the Ben Tuckers III for supper.

Saturday night my folks, George Allens and aunt, Sara, brought their supper up here as we had intended going down there but Ira was working.

Sunday, Mr. and Mrs. Frank Aylward visited and stayed for Sunday night lunch.

Sidney Murphy cut her finger Friday at work and had to have a stitch.

Elaine Hutchins took her mother, Mrs. Marjorie Conner, to a Norway doctor, Thursday. Mrs. Conner had a bad case of poison ivy.

Daniel Hannon took his wife to the Chicken Coop May 12 as an early Mothers Day supper.

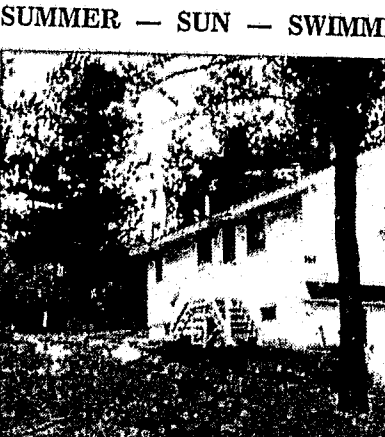
Mr. and Mrs. Joe Shimamura, Jody and Mrs. Thelma Merrill went to the parade at Locke Mills as Billy played his trumpet in the band.

Sherri Angevine, daughter of Mr. and Mrs. Dick Angevine, was also in the Locke Mills parade.

Mr. and Mrs. Dick Angevine went to Martha's for Sunday night supper.

Received a very nice letter from Eva Saunders this last week and

SUMMER - SUN - SWIMMING - FUN - FISHING



On Lake Christopher a 7 room winterized home overlooking the lake with sliding glass doors to a cement patio. Has a sandy bottom swimming area. Living room has a Franklin fireplace and stairway to family room in basement has built in gun cabinet and book shelves.



At Songo Pond in Albany, a nice attractive 4 room cottage on the lake with screened-in 12 x 20 front porch and rear porch for cookouts. This one even has a dryer in it for those nice lazy days of relaxing in the sun. Fully furnished.



Early
Real Estate
68 MAIN STREET
BETHEL, MAINE 04217
PAT EARLY, Broker
CALL NOW: (207) 824-2122 (Days); (207) 824-2579 (Nights)

North Paris

Eveline Barrett, Corres.

The bit of rain in the past week has done a lot of good. Trees are leaving out and pansies are blossoming. Gardens are being planted and Memorial is almost here.

The Kalinowski's arrived May 16 and found that some one had been cutting his wood off and selling it. Maybe it kept some poor family warm this past winter. A new chimney is in progress when it doesn't rain.

Mr. and Mrs. Neal Cohen, Jason and Laura and Matthew Keene and Phillip Hyam went to Saugus, May 21 for a memorial service of their grandfather-in-law, Robert Downes. His body was donated to Medical Science upon his death last month.

Rev. Roland M. Lord of the Cherryfield Baptist Church is with his aunt, Mrs. Agnes Coffin and mother, Mrs. Nancy M. Lord of Milton and will be the speaker at a four day Deeper Life Conference to be held at the Bryant

she says that she is living in a trailer just a few doors down from her daughter, Rhonda. Rhonda and husband, Mike, are the parents of a baby girl six months old. She lives in Williamsburg, Va., and writes the flowers are gorgeous.

Mr. and Mrs. Carl Holt were called May 12 of Mr. and Mrs. Ernest Angevine.

Mary Debois and Dorothy were callers at Mary's brother and wife the Ernest Angevines.

Mrs. Judy Coolidge got through her teaching at Ebel Bisebe School Friday. She was given a nice party by the personnel.

Mr. and Mrs. Roland Glines are preparing their lot in preparation for their new home.

Sandy Smith of Moultonboro, N. H., came Saturday and stayed until Sunday. Her friend Pat Anderson's home.

Mrs. Leslie Lapham picked up Clare Smith Tuesday at Chapel Valley nursing home West Paris and the two went to Andrews nursing home, South Paris, where they called on friends; one was Mrs. Mildred Chapman.

Friday, Mrs. Leslie Lapham called on Ruth Ring, Locke Mills, and Saturday Leslie Lapham visited Mr. and Mrs. William Helm at Andover.

May 10, Amy Laban, daughter of Mr. and Mrs. John Laban was guest of honor at a party at her parents'. This was in observance of her birthday which was May 8.

Those present were Shelby and Stacey Snyder, Pearl Pitcher, Sarah Kailey, Nancy Carter, Eric Anderson and her brothers.

Matthew Laban, son of Mr. and Mrs. John Laban, turned nine May 19. Friday, the family went to Freeport, and met Mrs. Laban's parents, Mr. and Mrs. Casey, at L. L. Bean's. They all had supper at the Sheraton, Portland.

Saturday, the John Labans went to Coplin Plantation to visit friends and came back Sunday. It's a heap of satisfaction.

When a helping hand you lend Just to know someone's happier Cause you paused to be a friend.

Pond Baptist church from May 21 through May 24. Rev. Lord is a former pastor of the North Paris Federated Church and was founding pastor of the West Summer Bible Church. He is a very able man and preacher and has many friends here. He has been in our family since 1923.

Callers at the Barrett's were Guy and Velma Ellingwood, Buckfield; Henry McCallis, veteran social worker, Fryeburg; Doris Lawrence, Alfred Morrill, Lydia Ross, South Paris and Ida Hadley, local, for dandelions.

Mr. and Mrs. Ellsworth Lawrence went to West Summer Grange Hall May 20 to the reception in honor of Mr. and Mrs. Paul Holden (nee Judy Lawrence). It was standing room only with 600 in attendance.

Sunday, Doris Lawrence attended the golden wedding anniversary party of Mr. and Mrs. Leslie Doughty at the West Paris Grange Hall.

Lloyd Huntley has been feeling poorly for a few days.

The oxygen man from Auburn came for the oxygen tanks here at the house but left a new oxygen machine at Lodgeview for Joe that makes its own oxygen and has been on the market only four months. When Joe comes home from Lodgeview the machine will also come with him. As I go to Lodgeview every day and meet so

Sunday River

Mrs. R. M. Fleet, Corres.

Alva Morrison and friend, Mark Brandhorst were at our Grange gathering and played along with

many of our friends that are employed there as R.N.'s, L.P.N.'s, cooks and all branches of service it does seem like old home day. As yet I haven't seen Arlene Cushman or Olive Searies but I will soon.

Mrs. Roberta Tripp has returned to Hillcrest to work. Callers at Lawrence's, Fay Eastman, Karen, Dot Smith, Ruby Coffin, Lena Dean, Jeanne Maureen, Brenda Millett, the Kalinowskis, Stanley Ukulele, Mr. and Mrs. Pete Lawrence, Mr. and Mrs. Ellery Lawrence, Eveline Barrett, Carroll Record, Mr. and Mrs. Herman Card.

Mr. and Mrs. Kenneth Pulsifer Jr. returned May 17 from their honeymoon trip to Disneyland. Hope the weather wasn't too warmish.

Mr. and Mrs. Ellsworth Lawrence went to Greenwood City Thursday, May 18 to help Sherry Millett celebrate her 16th birthday. The next day "Root" hurt his back at the feldspar mill so the old rocking chair feels good.

Eveline Barrett was at Dr. John Young's office May 22 for treatment.

our old time musicians which was very interesting Saturday afternoon.

Dr. Loy Harrell is to be at his place here often this summer but does not plan to practice. David Fleet has moved back to the woodlot in Ketchum.

Keith Bartlett of Bethel was in town to see David Fleet Saturday. Loy Harrell is planting his garden this week end. Four ravens went to Ketchum one morning this week.

We had better than two inches of rain to soak things up. Mr. and Mrs. Philip Runnels and children were week end guests of his parents, Mr. and Mrs. Asher Runnels.

It seems good not to have to cart in so much wood and fill the stoves.

McCULLOCH
Chain Saws

SALES & SERVICE

Ernest Angevine

BETHEL, ME. 824-2286

THE LITTLE EXTRA THAT ADDS UP TO A LOT

SHURFINE Canned Hams 3 lb. \$4.99	WILSON'S Sliced Slab Bacon \$1.19 LB.	TASTY BITE Sliced Cold Cuts Round Bologna — Mac. & Cheese — Luncheon 12 oz. pkg. \$1.09 EA.	
SHURFINE Hot or Sweet Italian Sausage \$1.57 LB.	Boneless Chuck Steak \$1.37 LB.	Boneless Chuck Pot Roast \$1.27 LB.	
TASTY BITE Skinless Franks 12 oz. pkg. \$1.09	Chicken Legs 69¢ LB.	Shoulder Steak \$1.47 LB.	
KIRSCHNER Natural Casing Franks \$1.59 LB.	BAMA Pecan Pies 3 oz. 5 FOR 99¢	SHURFINE Frozen Lemonade 12 oz. 3 FOR 89¢	
SHURFINE Stuffed Olives 5 1/2 oz. 69¢	OXFORD Sweet Relish 10 oz. 3 FOR \$1.00	NESCAFE Instant Coffee 6 oz. \$2.99	
SHURFINE Creamy Salad Mustard 20 1/2 oz. 2 FOR 79¢	SHURFINE Chunk Light Tuna 6 1/2 oz. 69¢	SUNRED Catsup 14 oz. 3 FOR \$1.00	
HOKMEL Tender Chunk Ham 6 1/2 oz. 79¢	BARBARA DEE Family Fun Cookies 1 1/2 lb. 99¢	SHURFINE Ice Cream 1/2 Gal. 99¢	
Oxydol 49 oz. \$1.39	ROYAL Gelatin 6 oz. 3 FOR 89¢	SHURFINE Charcoal Briquettes 20 lb. \$2.29	
IVORY Dish Liquid 22 oz. 69¢	HOOD'S Choco-Riffic Gal. 99¢	DIXIE White Plates 100-9" 99¢	
Saran Wrap 5 ft. 59¢	MAINE KITCHEN Potato Chips 79¢	KING MICHAEL SARDINES 3 1/4 oz. 3/\$1.00	
SHURFINE Hamburg & Hot Dog Rolls 8 pack 2 FOR 79¢	CHEF-BOY-AR-DEE Beefaroni Mini Bite Ravioli Spaghetti & Meatballs 15 oz. 2 FOR 89¢	SMUCKERS ICE CREAM TOPPING 12 oz. 59¢	
NISSEN Individually Wrapped Donuts CHOCOLATE & PLAIN 6 pr. 79¢	CAMPFIRE MARSHMALLOWS 10 oz. 3/\$1.00	VIVA NAPKINS 140 ct. 2/99¢	
FILBERT'S Imitation Mayonnaise 32 oz. 69¢	A-1 STEAK SAUCE 10 oz. 89¢	RIGHT GUARD DEODORANT 3 oz. 89¢	
SHURFINE Sugar-Sweetened Drink Mixes 24 oz. 89¢	SHURFINE Juice Pack PINEAPPLE 20 oz. 59¢	★ — ★ — ★ — ★ — ★ WITH THIS COUPON HEINZ Kosher Dill Spears 24 oz. 2 FOR \$1.00 Limit one coupon per family. Hathaway's Country Store Expires 5/27/78 ★ — ★ — ★ — ★ — ★	
	SHURFINE Fancy California SPINACH 15 oz. 3/\$1.00		

Your Dollar Buys More at
Hathaway's Country Store
Locke Mills, Maine 875-2343
Oxford County's Largest Independent Food Store
Open 7 Days a Week

B.E.A.R.S.

(Bethel Emergency & Rescue)

Monday, May 22, Directors met items. A lettering the upcoming Volunteer Ambulance being held in Representatives will attend.

Arlene Green will meet at the a workshop. The seven long back-boards (painting) and this will give for training plus case the ambulance run. Workday w m. on, followed supper.

Tag day will be 3. There will be at various places a yearly fund raising and extra is everyone's charity, donations, regarded appreciated.

Members will wrecked cars reach an extraction correction to ty tip. Four quick of 10.

Safety Tip of the
Warm weather When swimming system. Never sw heated or overvise sense.

East Bethel
Mrs. David Fo Mrs. Sue Cham ley Howe were d Maine State Repu tion in Augusta.

Mr. and Mrs. Ro Mrs. Sue Chamber graduation of Stat received his doctora phy from the Univ in Orono Sunday.

Mrs. Floribel H Lillian Bartlett at dired Teachers' Me Saturday.

Charles Haines a tings corpeled in t on the Maine Flat Forks in Bingham, came in third.

Mrs. Ellen Coffin Mrs. Ava Bessey of Saturday callers d Curtis.

Mr. and Mrs. Le of South Paris visiti Curis, Sunday.

Mr. and Mrs. Leo dited Carlton Tyler the week end help his camp grounds

Mr. and Mrs. Rich ters, Laura and Li and Mrs. Roland field Friday.

David Tyler sta

Sunshine
ROUTE 26
AT
SC
DAILY - 6 a.

ROBER

CUSTOM BUILT at Large living room den, large sunny floor. The master room. Three more second floor. The as more living ar entrance. Combin heating system. O this and more on

ROBERT
Real Estate
ASSOC
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DAI
EVENINGS AND

B.E.A.R.S., Inc.

(Bethel Emergency Ambulance & Rescue Service)

Monday, May 22 the Board of Directors met to discuss several items. A letter was read concerning the upcoming meeting of the Volunteer Ambulance Association being held in Gray this month. Representatives from B.E.A.R.S. will attend.

Arlene Greenleaf, Bud Howe and Arthur Cummings attended an instructor's meeting in Lewiston this week.

Saturday, June 3, the B.E.A.R.S. will meet at the fire station for a workshop. They will be making seven long backboards plus four short boards, (cutting, sanding, painting) and five quick splints. This will give the group plenty for training plus some available in case the ambulance is out on a run. Workshop will be from 9 a. m. on, followed by a pot luck supper.

Tag day will be held June 2 and 3. There will be people stationed at various places in town. This is a yearly fund raising project. The money collected is used for additional and extra equipment. This is everyone's chance to help. All donations, regardless of size are appreciated.

Members will also be getting wrecked cars ready on June 3 for an extrication course. A correction to last week's safety tip. Four quick breaths instead of 10.

Safety Tip of the Week
Warm weather is finally here—When swimming use the buddy system. Never swim when overheated or overtired. Use common sense.

East Bethel

Mrs. David Foster, Corres.—Mrs. Sue Chamberlin and Stanley Howe were delegates to the Maine State Republican Convention in Augusta.

Mr. and Mrs. Rodney Howe and Mrs. Sue Chamberlin attended the graduation of Stanley Howe who received his doctorate in philosophy from the University of Maine in Orono Sunday.

Mrs. Floribel Haines and Mrs. Lillian Bartlett attended the Retired Teachers' Meeting in Oxford Saturday.

Charles Haines and Warren Hastings competed in the canoe races on the Maine Flat Water on the Forks in Bingham, Sunday. They came in third.

Mrs. Ellen Coffin of Norway and Mrs. Ava Bessey of Hanover were Saturday callers of Mrs. Leona Curtis.

Mr. and Mrs. Lester MacGown of South Paris visited Mrs. Leona Curtis, Sunday.

Mr. and Mrs. Leonard Tyler visited Carlton Tyler in Carmel over the week end helping to fix up his camp grounds there.

Mr. and Mrs. Richard Cox, daughters, Laura and Lisa, visited Mr. and Mrs. Roland Tyler in Dixfield Friday.

David Tyler stayed overnight

East Stoneham**Clady Kilgore, Corres.**

Mr. and Mrs. Dale Bryan and family visited her aunt, Mrs. Grace Nelson, Thursday evening. Her niece, Nancy and husband of North Conway, were also visitors. Russell Dudley is ill and in the hospital at Portland. We all hope he will be home again soon.

Mr. and Mrs. Kent were dinner guests of Mrs. Helen Grover Sunday.

Mrs. Cecil Stevens has been staying at her camp for a few days. Mrs. Loretta Andrews is helping her get her camp ready for summer.

Mrs. Elizabeth Stearns and Mrs. June Bachelder attended the retired teachers meeting in Oxford Saturday.

Brenda Files was home from Aurora over the week end. Her brother, Paul, was also a visitor here and brought his mother some water.

Delwin Merrill has been attending the Jehovah's Witnesses convention in Lewiston.

Mr. and Mrs. Dwight Grover are staying at their camp on Whitney Pond for a few days.

Mr. and Mrs. Walter Heino of Melrose, Mass., were here over the week end visiting relatives.

Donald Files has returned to his home in Melrose, Mass., after visiting at his camp on Lake Kewaydin for a few days.

Mrs. Elizabeth Stearns visited her son, Wayne, and family in Naples Sunday.

Miss Doris Files of Bethel and her mother, went to the shopping center in South Paris, Thursday.

Mrs. Dot Bell, the outreach lady from Lowell, was in town Monday, making calls.

Mrs. Grace Nelson worked for Mrs. Rogers in Lovell Sunday.

Such changes in the weather, but everything is so green and lush, that we shouldn't complain.

Friday with Mr. and Mrs. Richard Cox, then spent the week end with his grandmother, Mrs. David Foster.

Mr. and Mrs. Richard Stearns of Rumford Corner took Mrs. David Foster to the Rumford-Brunswick Girls' Softball game at Rumford Friday. Afterward Mrs. Foster went to Andover with Mr. and Mrs. Roland Stearns to attend the Andover Elementary School spring program at the town hall.

Mr. and Mrs. Walter Hamlin of South Waterford; Mr. and Mrs. Richard Stearns and son, Dan, of Rumford Corner; Mr. and Mrs. John Foster of Andover; Mr. and Mrs. Roland Tyler and sons, David and Daryl, of Dixfield were luncheon guests of Mrs. David Foster Saturday.

Mrs. Roland Tyler, Daryl Tyler, Roger Russell, and Marie Wilson, of Dixfield, came after David Tyler Sunday afternoon.

Anyone wishing some dahlias to plant, please come to the Foster farm. I am not sure just what the colors are as my dahlias got mixed up with my daughter's this spring, but anyone is welcome to what I have.

Newry**Miss Amy Hanscom, Corres.**

The body of Allison Cooke was brought here, from Massachusetts, Tuesday for burial in the new Powers Cemetery.

Debra Learned and Rusty, Locke Mills, visited her grandmother, Mrs. Louise Learned, during the week end.

Louise Learned and Freda Robertson visited Elsie Flanders at Stephens Memorial Hospital, Sunday.

At a special program at Bear River Grange on Saturday, Roger E. Hanscom was presented the Community Citizen Award. Mrs. Eva Yates was in charge of the following program: Open Bible; Salute the Flag; Reading, Let My Chickens Go; Laura Hutchins; song, America The Beautiful; talk, Richard Felt, Franklin Grange; Bryant Pond; music, Violin, Guitar and Banjo, Alva Morrison and friend, accompanied by Carl Brooks, Franklin Grange, with the Bones; Presentation of Certificate and remarks, Russell Yates; Harmonica, Richard Felt, Carl Brooks, bones; reading, A Day in the Woods, Peggy Blake; song, Church in the Wildwood; Accordion, Laura Hutchins, Bones, Carl Brooks, music, Alva Morrison and friend, Carl Brooks, Richard Felt, Laura Hutchins; Closing song, God Be With You Till We Meet Again.

The certificate read "Presented to Roger E. Hanscom in recognition of outstanding service to the community and mankind. Your dedicated and personal involvement are greatly and sincerely acknowledged by the members of Bear River Grange No. 285." Hanscom was re-elected last March to his 28th consecutive term as Selectman.

Someone was heard to remark that the cafeteria and patio at Telstar was decorated for the Junior-Senior Prom "the prettiest I have ever seen it."

Mrs. Louise K. Tetley, Town Treasurer, has received a check from the State in the amount of \$9,400.10, as reimbursement for loss under the Tree Growth bill for 1977.

Mr. and Mrs. Hume Dickey, Whitman, Mass., were week end guests of Mr. and Mrs. Lee Swan, Mr. and Mrs. Verne Glover, Buxton, spent the week end at their trailer.

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MOLLOCKETT MIXERS

The Mollockett Mixers are having their last dance of the season May 27 at 8 to 11 p. m. The dance will take place at the Rumford Center School. Terry Camp-bell will be calling. Round dance cues will be Willie Weeks. All Club members are invited to attend.

Assessor of Newry, Grangers from Bear River, Franklin and Rumford Grangers attended, as well as non Grangers from Bethel, Newry and Riley Plantation. Refreshments were served after the program.

Primary Election will be held at Bear River Grange Hall June 13. Polls will be open from 10 a. m. till 8 p. m. Persons not enrolled in either the Democratic or Republican parties will not be allowed to vote in Primary Elections. Those wishing to enroll should do so with Mrs. Louise K. Tetley, Registrar of Voters, before election day. Anyone who plans to be away June 13, may vote by absentee ballot by calling on Mrs. Tetley for an absentee ballot.

Mrs. Elsie Flanders is a patient at Stephens Memorial Hospital, Norway.

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West Greenwood**Carolyn M. Colby, Corres.**

Lee Hutchins, Bob and Mona Lowe were smelting at Aziscoos, Wednesday evening.

Bob saw a bear crossing the road near their home, Thursday afternoon.

Joe, Leah and Joan Deegan, Sally Smith, Buster, Mary Jane and Betsy Gaudreau attended the graduation of Kathy Deegan from Mid-State Business College in Augusta on May 12.

Teddy Reed went to the Telstar Senior Prom.

Leah's mother, Margueritta

Spinney was taken by ambulance to the Rumford hospital, Sunday. Marc Deegan, son of Mr. and Mrs. Henry Deegan, Cape Elizabeth, broke his leg when he fell on a rock, Sunday.

Margaret Record had an evening out at the Town and Country with other Forest Service wives, Monday.

Marc, Lesley and Nathan Moore visited Ronnie and Patty Bubier in Monmouth, Saturday.

Our visitors this week have been Doug and Yvonne Colby, John and Linda Mattress of Salmonville, N. H., Lee Kenison of Standish.

days at the Linnell cottage and went smelting evenings. They brought me a nice mess, all cleaned.

Mrs. Bertha West has been in Milan since the Balser's have been away. She will return home Thursday afternoon.

Mr. and Mrs. Norman Littlehale, who flew to Florida May 13, returned home, May 21. They went on several tours which were very interesting. They were celebrating their 25th anniversary and report a very nice trip.

We had a very heavy frost on Tuesday morning.

CARD OF THANKS
Many thanks for the visits and beautiful cards while I was in the hospital. It helps to know you have so many thoughtful friends.

Ferol Godwin

Excavation Work - Backhoe Work
Bulldozing - Trucking
Septic Systems - Driveways
Gravel - Sand - Loam
WESTERN MAINE SUPPLY CO.
CROSS ST., BETHEL TEL. 824-2139

Philip Korhonen

Bulldozing - Trucking

Sand - Gravel - Loam

NEWRY 824-2796

KEITH DURGIN

CARPENTRY PLUS ROOFING

Chimney Building and Topping

NEWRY, MAINE 824-3376 824-3396

Available starting June 1, 1978

Casco Bank & Trust

New 6-Month Money Market Savings Certificates

Casco Bank is offering to businesses and individuals special new \$10,000 minimum/6-month savings certificates. The interest rate will be equal to the 6-month U.S. Treasury Bill rate in effect on the day certificates are purchased. On May 16th that rate was 7.014%.

Until now similar rates were available only on certificates of more than three years. But these new Money-Market Certificates

mature in just six months. You can then withdraw your funds without penalty* or renew for another six months.

If you wish to purchase a certificate, fill out the coupon and mail it to us with your check. Notice that there is no extra purchase charge or fee involved. If you prefer, call or stop by any Casco Office where someone is always ready to help you find the savings combination that's right for you.

Mail to: Money Center, Casco Bank & Trust, P.O. Box 678, Portland, Maine 04104

Enclosed is my check for \$ (a minimum of \$10,000, a maximum of \$100,000).

Please issue a Casco 6-Month Money-Market Certificate (dated June 1, 1978 or after) in my name, at the address listed below. I realize that the interest rate of the Certificate will be the same as the rate of 6-month U.S. Treasury Bills auctioned immediately prior to the date of issue.

Signature _____

Name(s) (Please Print) _____

Address _____

City _____ State _____ Zip _____

Home Phone _____ Business Phone _____

Social Security Number _____

Sunshine Laundry Center

ROUTE 26 - LOCKE MILLS, ME.

Featuring ALL 50 cent machines

10 cent - 8 minute dryers

ATTENDED BY: SONNY AND NANCY

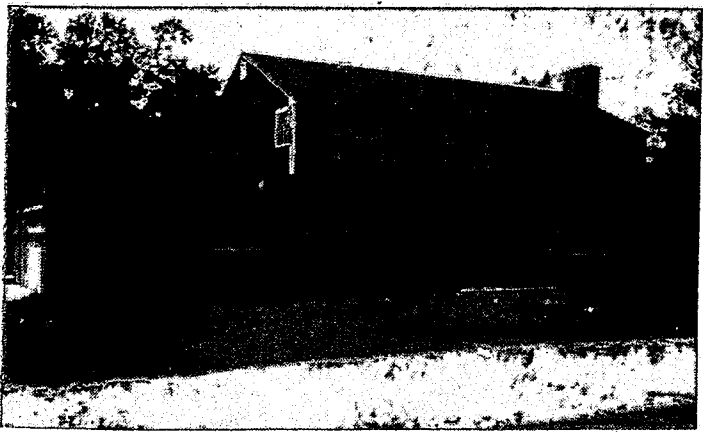
SORRY - NO DRY CLEANING

WILL TAKE-IN WASH

DAILY - 6 a. m. - 11 p. m. SAT. - 6 a. m. - 6 p. m.

ROBERT CRANE ASSOCIATES

PARADISE HILL



CUSTOM BUILT and meticulously maintained four bedroom home. Large living room with fireplace, picture windowed dining room, den, large sunny kitchen with built-ins and half bath on first floor. The master bedroom has a private full bath and a dressing room. Three more large bedrooms and another full bath on second floor. The basement has a professional suite easily utilized as more living area including half bath. Separate driveway and entrance. Combination windows, insulation, four zone hot water heating system. Oversized attached, heated, two car garage. All this and more on a large lot over looking the White Mountains.

\$69,500

ROBERT CRANE
Real Estate Brokers
ASSOCIATES

TEN BROAD STREET

BETHEL, MAINE 04217

824-2114 928-3611

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NOTARY PUBLIC

JUST BEYOND BETHEL INN

DAILY 9:30 A. M. - 5:00 P. M.

EVENINGS AND SUNDAY BY CHANCE OR APPOINTMENT

CHURCH SERVICES

West Parish
 Congregational Church
 United Church of Christ
 Church St., Bethel
 Rev. Thomas L. Caton, Pastor
 Mr. & Mrs. Leslie Smith, Diaconate
 Sunday: 10:00 a. m. Morning
 worship. (Child care available dur-
 ing the service.) 11:00-12 noon.
 Discussion group in Garland Cha-
 pel.
 Wednesday: 3:15 - 4:30 p. m.
 Church school for young people
 in grades K through 6. All are
 welcome.
 Thursday: 7:30 p. m. Choir Re-
 hearsal in the sanctuary.
 Saturday, June 3: 7:30 p. m.
 Concert by The Renewal Singers
 of Columbia St. Baptist Church,
 Bangor.

Bethel United Methodist Church
 Rev. Ronald C. McKinstry
 Organist, Miss Susan Hathaway
 Administrative Board Chairman,
 Richard L. Davis
 Sunday:
 10:35 a. m. Morning Worship.
 10:35 a. m. Sunday School.
 Nursery during worship service.
 Thursday: 7:30 p. m. Adult Ed-
 ucation.
 Friday: 3 p. m. Acolytes Meet.
 Saturday: 7:00-8:30 p. m. Youth
 Fellowship at the Parsonage.
 Anyone needing prayers of
 church members or knowing of
 someone in need please call Mrs.
 Burton Abbott, Mrs. Wallace
 Saunders or Mrs. Ronald Stevens.

Bethel Church of the Nazarene
 Church Street
 Rev. Donald Smith, Pastor
 Patsonage, Bridge Street
 Phone 824-3347
 Cast all your care upon God;
 for He cares for you.
 Sunday:
 Sunday School (for all ages in-
 cluding Adults), 10 a. m.
 Morning Worship, 11 a. m.
 Nazarene Youth meetings, 5 p. m.
 Evening Worship, 6 p. m.
 Wednesday:
 Prayer Meeting, 6:30.
 Choir Practice, 6:30.
 For transportation or informa-
 tion to any service call the Par-
 sonage, 824-3347.

Our Lady of the Snows Church
 Rte. 26
 Rev. Donald R. Proulx
 Holy Sacrifice of the Mass: Sat-
 urday, 4:30 p. m.; Sunday, 9:30 a. m.
 Rectory: 29 Paris St., Norway,
 telephone, 743-2606.

Bethel Gospel Center
 at the Odd Fellows Hall
 Pastor Edward Gammon
 Sunday:
 Sunday School, 9:00 a. m.
 Morning Worship, 10:00 a. m.
 Evening Service, 7:00 p. m.
 Monday:
 Youth: Men's and Women's
 Groups, 7 p. m.
 Wednesday:
 Bible Study and Prayer Service,
 7:00 p. m.

West Bethel Union Church
 B. R. Griffith, Pastor
 Mrs. Harriett Stowell, Organist
 Sunday:
 Sunday School, 9 a. m.
 Morning Worship, 10 a. m.
 Youth Fellowship, Wednesday,
 8 p. m.

Locke Mills Union Church
 Rev. David Wuori
 Mrs. Richard Melville, Organist
 Church services, 9:00 a. m.
 Sunday School, 10:30 a. m.
 Bryant Pond Baptist Church
 Linwood Hanson, Pastor
 9:15, Sunday School.
 10:30, Morning Worship Service.
 6:00, Young Peoples' Meeting.
 Junior Youth Club, grades 4-6.
 Word of Life Club, grades 7-12.
 7:00, Evening Service.
 Wednesday, Choir Practice,
 8:15; Prayer Meeting, 7:00 p. m.
 Woodstock Seventh-day
 Adventist Church
 Pastor: Elder William Menshausen
 Sabbath School: 10:00 a. m.
 Church Service: 11:30.
 Prayer meeting: Tuesday even-
 ing, 7:30.

West Paris Universalist Church
 John Coyle, Minister
 Mrs. Elaine Emery, Organist
 Worship Service, 10 a. m.
 Sunday School, 11 a. m.
 L.R.Y., 6 p. m.
 Community Church
 (Full Gospel—
 Interdenominational)
 East Andover Road
 Rumford Center
 Dr. J. Philip Jackson, Pastor
 Wednesday, 7 p. m. Deeper Life
 Bible Study.
 Saturday, 7 p. m. Prayer Meet-
 ing.
 Sunday, 10 a. m. Worship. Holy
 Eucharist every Sunday.
 7 p. m. Evangelistic and Healing.
 "One Lord, One Faith, One Bap-
 tism."

Newry Community Church
 Sunday:
 Morning Worship, 9 a. m. Rod-
 ney Hanson, Pastor, Robert Du-
 ran, Pianist.
 Sunday School, 10:30 a. m.
 Youth Group meets Sunday at
 4:00 p. m.

THE Bethel Citizen
 The Bethel News, 1895
 The Rumford Citizen, 1906
 John K. Brown, Editor
 Her golden wealth of ripening
 grain.
 And breath of clover fields,
 And deepening shade of summer
 woods,
 And glow of summer air,
 And winning thoughts, and happy
 moods
 Of love and joy and prayer.
 Samuel Longfellow
 Beloved wife
 Ava

IN MEMORIAM
 Merton I. Bessey
 Broadview Farms
 who passed away May 27, 1973
 The summer days are come again;
 Once more the glad earth yields
 Her golden wealth of ripening
 grain.
 And breath of clover fields,
 And deepening shade of summer
 woods,
 And glow of summer air,
 And winning thoughts, and happy
 moods
 Of love and joy and prayer.
 Samuel Longfellow
 Beloved wife
 Ava

CARD OF THANKS
 I wish to thank all the wonder-
 ful people who remembered me
 with cards, flowers and visits while
 I was in the hospital and after my
 return home also those who were
 so good to my wife. God bless you
 all.
 Linwood Lowell

FAITH BIBLE CHURCH
 Rumford Corner
 Pastor, Bob Colby
 Preaching the Finished Work
 of Jesus Christ.
 Services:
 Sunday, 2:30 p. m.
 Tuesday, 7:00 p. m.

Rumford Point
 Congregational Church
 Miss Patricia Moore, Pastor
 Mrs. Elmer Lyons, Jr.,
 Supt. Sunday School
 Sunday:
 9:30 a. m. Morning Worship.
 10:30 a. m. Fellowship Hour.
 Upton Mountain View Church
 Fundamental Evangelistic
 and Missionary
 Sunday Worship Service, 2:30 p. m.

Spalding Memorial Chapel
 Wilson's Mills
 Rev. Delmer A. Parker, Jr.,
 Christian Worship Service, Sun-
 day, 10 a. m.
First Congregational Church
 United Church of Christ
 Andover
 Rev. David Wuori
 Pastor
 Linda Burnham, Organist
 Leatrice Myhrall, Music Director
 Eleanor G. Tracy
 Church School Superintendent
 Bertha Summerton
 Assistant Superintendent
 Sunday: Morning Worship, 11 a. m.
 Sunday School, Nursery-Grade
 9, 11 a. m.
 Tuesday: Junior Choir Rehear-
 sal, 6:30 p. m.; Senior Choir Re-
 hearsal, 7:30 p. m.
 Wednesday: Ladies' Aid meets,
 1:30 p. m.
Calvary Congregational Church
 Andover, Maine
 M. Lester Strout, Pastor
 Miss Beverly White, Pianist
 Mrs. Ralph Stinson, Choir Director
 Sunday:
 Sunday School, 9:30 a. m. Bible-
 centered lessons; Classes for all
 ages; Adult class.
 Worship Service, 10:45 a. m.
 The Reorganized Church of
 Jesus Christ of Latter Day Saints
 Dixfield
 For information concerning ser-
 vices call 824-2828.

The Church of Jesus Christ
 of Latter Day Saints
 Oxford Ward — at the Ward
 Chapel, Skeetfield Road, Oxford
 Sunday:
 Priesthood, 9:00 a. m.
 Sunday School, 10:15 a. m.
 Sacrament Meeting, 12:00.
 Tuesday: Relief Society, 9:30 a. m.
 and Sunday, 9:00 a. m. Mutual,
 7:15 a. m.
 Thursday: Primary 4:30 a. m.

OXFORD COUNTY
UNITED PARISH
 Pastor, Edna Tripp
 Albany Congregational Church
 10:30 a. m. Morning Worship.
 East Stoneham Congregational
 Sunday:
 9:00 a. m. Morning Worship.
 10:00 a. m. Church School.
 North Waterford Congregational
 Sunday:
 10:30 a. m. Morning Worship.
 10:20 a. m. Church School.

Christian Science Services
 In all Christian Science Church-
 es, the Lesson-Sermon read from
 the desk is the same. The public is
 cordially invited to attend.
 Sunday, May 28, Subject—An-
 cient and Modern Necromancy, al-
 las Mesmerism and Hypnotism, De-
 nounced. Golden Text: Isaiah 41:
 12, 13—...they that war against
 thee shall be as nothing, and as
 a thing of nought. For I the Lord
 thy God will hold thy right hand,
 saying unto thee, Fear not, I will
 help thee.
First Church of Christ Scientist,
 corner of Main and Tenth Streets,
 Berlin, N. H., holds Sunday morn-
 ing services at 11 a. m., and Sun-
 day School at 10:30 a. m. and Sun-
 day School at the same hour for
 pupils up to the age of 20 years.
 The Wednesday evening meeting is
 at 7:45, including testimonies of
 healing.
Christian Science Society, Nor-
way, 9 Stevens St., off Alpine St.
 Sunday: Services and Sunday
 School at 10:30 a. m.
 Tuesday evening service at
 7:30 p. m. includes testimonies of
 healing.
 You are cordially invited to at-
 tend these services. Everyone is
 welcome.

Holy Resurrection
 Orthodox Church
 Rev. Michael Westerberg
 Petrograd Street
 Berlin, New Hampshire 03570
 Saturday, 7:00 p. m. Great Ves-
 per.
 Sunday, 8:30 a. m. Divine Litur-
 gy.
 Feast days announced.



U.M.P.I. GRADUATE — Barry Bodwell, son of Mr. and Mrs. Paul Bodwell, received an Associate of Arts Degree in Recreation from the University of Maine at Presque Isle on Saturday, May 20. Barry is a 1976 Telstar graduate.

JACKSON-SILVER POST & UNIT
INSTALL OFFICERS
 P.D.C. Robert Rich of Lisbon Falls, installed the Jackson-Silver Post, American Legion, May 18, assisted by Past Commander of Bethel Post, Carolyn Brooks, as Sgt.-at-Arms, and P.D.C. John Howe of Southwest Harbor, served as Chaplain.

Second District President Jeri Brooks of Bethel, did the honors for the ladies, assisted by Amy Rich of Lisbon Falls, and Alter-nate District President Jane Pratt of Auburn. Dorothy West and her father, Cleveland Lovejoy, were the pianists.

Among the guests were Dana Brooks, Josephine Tripp, Lucia Smith, Edna Tripp and Stacy, all of Bethel, Noreen Fortier, Green-wood, and Leroy Jordan.

Commander Warren Smith spoke briefly. It was announced that Second District is 100% in membership and that Post-#68 is at another all-time high for 22 consecutive years.

A not lost supper preceded the joint installation for 40 people. President Sylvia Dunham pre-sented the installing team with gifts.

Dear Editor:
 I would like to take this opportu-nity to acknowledge the honor given me Saturday by the mem-bers of Bear River Grange No. 285, although I am not sure it was deserved.

I realize that the Grange mem-bers and others who took part in the program went to a great deal of trouble to make the day a pleas-ant and memorable one for me, and it is greatly appreciated.

Mrs. Eva Yates did a fine job in preparing the program, as did Robert Yates in his remarks and presentation of the certificate. All who took part in the program also did a very fine job and it was much enjoyed.

My sincere thanks to any and all who took part in any way, preparing the program, taking part in preparing refreshments and attending as strangers, family and friends. I had not expected any such honor. I will treasure the certificate always. Again, thank you and God Bless You.

Sincerely,
 Roger E. Hanscom
 May 22, 1978

To the Editor:
 As the June 13 primary elec-tion draws near, I would like to encourage voters to look beyond the barrage of 30-second TV ads promoting the various candidates for office. I feel that a closer scrutiny of the Democratic candi-dates for governor will reveal that Senator Phil Merrill is the only candidate with strong and clear-ly-stated positions on issues, and a capacity for organization which would make him an effective gov-ernor.

Sincerely,
 Cathy Newell
 May 22, 1978

Real Estate
 by PAT EARLY
 REALTOR

Handshakes Don't Count
 Many business agreements have been sealed with a "hand-shake" and enforced in the courts. But when it comes to the world of Real Estate you cannot—and should not—re-ly on oral promises. In fact, leg-islation in each of the fifty states specifically requires that all agreements and conditions relative to the sale of real es-tate specifically be in writing.

In real estate, oral promises or conditions have little stand-ing. If they are not contained in writing within the agree-ment of sale, or on other papers relating to the transaction, they are not binding. In fact, the

TOWN MANAGER'S COMMENTS
 continued from Page One
 work on sidewalk improvements scheduled for this summer. High-way Department crews will be un-der-taking this work during the month of June.

Later the board met at the Bethel Savings Bank Community Room to conduct remaining busi-ness. The town manager reported on his tour of the timber cutting area at the Town Farm with Ker-ry Hucks, the town's forest con-sultant. The manager indicated that an excellent job had been done and that small growth had been protected by the cutting practices employed.

The manager reported that the State Department of Transporta-tion had not issued their decision regarding the upgrade and closing of railroad grade crossings in West Bethel as they were conduct-ing more studies of the traffic flow in the area.

Draft copies of amusement per-mit rules and regulations were submitted out to the board. The sel-ectmen at their June 12 meeting will develop proposed rules and regulations upon which they will hold a hearing at their June 26 meeting.

Considerable time was spent in discussing the proposed rules and regulations for the landfill. James Young, landfill operator, and George Nickerson of GAN San-itation participated in the dis-cussion and provided information regarding times when the landfill is the most used. After much dis-cussion, the rules and regulations were established for the period from June 19 through Oct. 1 as follows: Saturday, Sunday, Mon-day, 9 a. m. - 6 p. m.; Closed Tues-day and Wednesday; Thursday, 9 a. m. - 6 p. m.; Closed Friday.

Interview persons interested in serv-ing on the Budget Committee, the board appointed Jack Brooks, Av-ery Angevine, William Cousins, and Bradley Barker as members of the committee.

Robert Saunders, a member of the Water District Trustees, was present to give a report on the Water District project on Chap-man, Mason and Crescent Park Streets. He indicated that the dis-trict will now be doing some work on Paradise Road and that not all of the work planned for Mason Street will be done. This change has been based on additional fire flow information obtained since the project was first planned. After discussion, the selectmen vot-ed to assist the district by repay-ing Chapman St. Water District funds are not sufficient. A maxi-mum of \$4,000 was set for this work.

A special meeting of the board will be held Tuesday evening, May 30, at which time the board will be meeting with the manager to evaluate his performance during the past year. The next regular meeting will be Monday, June 12, and this meeting will be held at the East Bethel Grange Hall.

U. M. W. TO MEET JUNE 1
 Mrs. Verna Dyke will host the next meeting of United Methodist Women on Thursday, June 1, at 1:30 at her home on the Rumford Road. The program speaker will be Mrs. Muriel Faudt.

CANCER SEMINARS OFFERED
 Tri County Mental Health is of-fering two evening seminars, for people who have cancer, to be held on Monday and June 7 at 6:30 p. m. at Franklin Street Methodist Church, Rumford. Leaders will be Carlene Trotter, BRE, and Deris MacKay, MSW. There will be a small tuition fee. Those wishing to register may call Naomi Lary at 745-6465 or Carlene Trotter, 364-2423.

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UNIVERSITY OF MAINE-ORONO
HOLDS 157th COMMENCEMENT
 Nearly 1,700 undergraduate and graduate students were candidates for degrees at the 157th Com-mencement of the University of Maine at Orono, Saturday, May 20. Included among the candidates were students from all 16 counties in Maine, from 21 other states and from six foreign countries.

Among the degree candidates were:
 Andover: Patricia Lee Pratt.
 Bethel: Ellen Beth Clark, James Allison Haskell, Randy Allen Ol-son.
 Buckfield: Kathleen Mary Hou-lahan.
 Canton: Alan Kent Walker.
 Denmark: Terry Ann Khil.
 Dixfield: Stephanie Lynn Lea-vitt.
 East Andover: Kathy Ann Rich-ardson.
 Fryeburg: Peter Bradbury At-wood, Thomas Warren Hastings, Debra Lee Osgood.
 Hiram: Susan Carol Hamilton.
 Mexico: Marcia Ann Burns, El-izabeth Ann O'Neill, Leonard Hen-ry Oestrich, Russell Glenn Woods, Jerome Paul Wyman.
 North Fryeburg: Barbara Joyce Hill, Susan Vinnie Terbell.
 Norway: Eugene Leon Belle-gard, Jr., Susan Elaine Snow, Andrew Denison Whitney.
 Oxford: Kerry Donald Briggs, Warren Edward McDonald.
 Paris: Brian King Otterson.
 Rumford: Antoine John Arsen-aunt, Linda Ellen Chohsey, Bev-erly Lynn Dyer, Stanley John Kau-bris, Allen Reginald MacDonald, Pamela Ann Melanson, John Lou-is Polier, Maurice Bernard Rich-ard, Donald Joseph Roy, Dean Al-phonso Scleraffa, David Lee Sher-win, Paul Arthur Theriault.
 Rumford Point: Teresa Maxine Dunn.
 West Paris: Vivian Lorie Imman.
 West Peru: Steven Kean Pelle-tier.

Among those receiving gradu-ate degrees was Stanley R. Howe of Bethel who was awarded a doc-torate in philosophy.

BETHEL SISTERS RECEIVE COLLEGE DEGREES
 Judith E. Stowell and Elizabeth T. Stowell, daughters of Mr. and Mrs. Dexter M. Stowell, gradu-ated from their respective colleges this past week end. Judy graduated on Saturday, May 20, with an asso-ciate of science degree, majoring in the veterinary assistant program from Becker Junior College, Lei-cesster, Mass. On Sunday, Betsy received a Bachelor of Arts degree in Drama from Tufts University in Medford, Mass. Mr. and Mrs. Dexter M. Stowell, Nancy J. Stow-ell and Kirke S. Curtis attended the ceremonies.

MRS. STEVENS HONORED AT SURPRISE BABY SHOWER
 Mrs. Althea Stevens of Bethel was guest of honor at a surprise baby shower Monday, May 15, held at the Locke Mills Sunday School room. Given and very well de-corated by her cousins, Beth and JoAnn Hoyt. The pretty shower cake was made and decorated by Mrs. Donna Curtis. Althea open-ed many nice gifts from her rela-tives and friends that were pre-sented. Alice, JoAnn and Beth Hoyt, Beatrice Farnum, Leona Farnum, Ruth Dunham, Helen Ring, Eve-lyn and Emory Farnum, Lois and Billy Chase, all of Bryant Pond; Leatrice and Crystal Chase, Helen Chase, Susan and Lorraine Day, Sally Melville, Maggie Ring, Don-na Curtis, Patti Savage, Elsie Seames, Ellen, Marie and Susie Cole, Denise Swan, all of Locke Mills; Alice Stevens, Lyndell Car-ter, Mary Lee Haines, Madelyn Brooks, Sarah Stevens, Hulda Ste-vens, Barbara Stevens, Arlene Chris and Sandra Greenleaf, Ni-cole and Mindy Merrill, all of Beth-

In and About Bethel
 Mrs. Rena Abbott has been dis-charged from Rumford Community Hospital and is at the Dixfield Health Care Center.
 Mrs. Esther Mitchell and Lor-ring Leeds were guests of Mrs. Stella Moore over Mother's Day week end.
 Cub Scout Pack #540, Locke Mills, with Den Mothers, Mrs. Donna Curtis and Mrs. Shirley Morse, visited the office of the Citizen late Thursday afternoon and watched the final printing and folding of the May 18 issue.
 Mr. and Mrs. Samuel F. Sweet-ser Jr. of Swansboro, N. C. an-nounce the birth of their first child, a daughter, Jennifer Mae, born May 11. Maternal grandmoth-er is Virginia Learned, Rumford and maternal great grandparents are Mr. and Mrs. John Canwell, Roxbury. Paternal grandparents are Mr. and Mrs. Samuel F. Sweetser Sr., Norway and paternal great grandmother is Mrs. Louie Sweetser, Bryant Pond.

MISS BROWN COMPLETES NURSING TRAINING
 Malinda Brown, a major in the Nursing Program at Westbrook College, received a pin signifying the completion of her professional training in the nursing field with 120 other seniors, May 19 at pin-ning and banding ceremonies, marking the final milestone in their associate degree studies.
 Miss Brown is the daughter of Mr. and Mrs. Arnel K. Brown of Bethel.

DAVID GAMBLE EARNS DOCTORATE IN VETERINARY MEDICINE
 David A. Gamble, husband of the former Judith LeClair, gradu-ated on Sunday, May 21, from the College of Veterinary Medi-cine, Washington State University, Pullman, Wash. He received the degree of Doctor of Veterinary Me-dicine.
 Dr. Gamble is the son-in-law of Mr. and Mrs. Gilbert LeClair (Car-ol Robertson) Wauwatosa, Wis., formerly of Bethel. Mrs. Gamble's grandmothers are Mrs. Daisy Le-clair and Mrs. Elsie York, both of Bethel.

TELSTAR LIBRARY CLUB TAKES LEWISTON TRIP
 The Telstar Library Club went to Lewiston on Friday, May 19, to have dinner at Steekino's and to attend a movie. Dr. Wayne Gerson, Telstar principal, was the Club's special guest at dinner.
 Those making the trip were: Jeffrey Barton, Wendy Davis, Bill Gill, Tim Hall, Mike Lowe, Leigh Michaud, Marie Miller, Eddie Swain, Robert Swan, Angela Wheeler, Mary White, Scott, Wight, Mr. and Mrs. Guy E. Gibbs.

"DISTANT THUNDER" AT SO. PARIS BAPTIST CHURCH
 Pastor Griffith of the West Bethel Union Church, extends to all an invitation to see "A Distant Thunder," which will be pre-sented by the South Paris Baptist Church on May 26 at 7:30 p. m. at the South Paris Baptist Church. "A Distant Thunder," a 78-minute color film, is a sequel to the 1973 release, "A Thief in the Night." It begins where "A Thief in the Night" ended.

el; Anita Collins, Turner; Bernice Hillefors, Kathy, Kristen and Ka-role Ann Bean, Harriett Estes, Debbie Millett, all of Norway; Terry Howard, Barbara Imman, Debbie Seames, Albany; Mary Macmillan of Rumford. They all enjoyed games and refreshments. Also many sent gifts who were un-able to attend.

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West Bethel

Mrs. Lona Gilbert, Corres.— Pleasant Valley Grange #136 will meet on Thursday, May 25, for a mystery ride. Members are asked to meet at the hall at 7 p. m. Transportation will be provided for those who do not have their own cars. Refreshments will be served at the meeting at the "mystery Grange". Members are welcome to bring along light refreshments if they wish.

The week end in this area was quite nice except for quite a lot of wind. Sunday, a nice sunny day, but very windy and the same this Monday morning with temperature around 50°, at noon 62°, but still very windy.

A few children have had chicken pox this spring. No cases reported to me recently here in West Bethel.

Paul Head was taken to Rumford Community Hospital Sunday afternoon for tests and treatment. He has been bothered with a bad cold for several days.

Mrs. Maggie Lowell is gaining all the time from her recent illness. She is now able to go for short rides and is doing a little crocheting work.

Mrs. Tyrene Lovejoy was to a doctor in Norway Tuesday evening for a back treatment. Mr. and Mrs. Alanson Cummings were the babysitters for the Lovejoy children.

Mrs. Sylvia Akers of Lincoln, Mass., is a guest at Mr. and Mrs. Paul Head's.

Mrs. Albert Cote of Woodland, Maine, is visiting her father, Lawrence Kendall.

Mr. and Mrs. Marvin Kendall of Lewiston were visitors Sunday of their parents, Mr. and Mrs. Clayton Kendall.

Mr. and Mrs. Bradley Hall of Portland came Friday to spend the week end with me. They returned home by bus Sunday night.

Miss Candy Bennett of U. of M. Farmington called on me on the week end.

Mr. and Mrs. Wendall Roberts were in Greenwood on the week end and called on the Peter Seames and Carlton Cotes.

Mr. and Mrs. Edwin Bumpus of Farmington were callers at Mr. and Mrs. Wendall Roberts, Friday.

Mr. and Mrs. Wendall Roberts, Mr. and Mrs. Roland Brown and family of South Windham were visitors at her parents, Mr. and Mrs. Wilbur Davis, on the week end. They came Saturday returning home on Sunday.

Mr. and Mrs. Cleveland Lovejoy and Mr. and Mrs. Alanson Cummings enjoyed the annual spring concert at Telstar Regional High School May 15. Miss Ellen Lovejoy participated, playing the trombone.

Miss Ellen Lovejoy was in Augusta with her mother on Tuesday to register at the U. of M. where she expects to study this fall. On Wednesday she left for Calais with Miss Jane Plonski to attend all state music festival where she sang in the chorus. Ellen's parents and grandparents went over Saturday and came back Sunday.

On Thursday night the Cummings and Lovejoys attended the pot luck supper in Locke Mills at the American Legion and Auxiliary installation. Mr. and Mrs. Ray West, the Lovejoys, and Cummings made three generation couples to be in office this year. The ceremony also included three other couples taking office.

Mrs. Dot Bennett, Miss Candy Bennett and Mrs. Freda Davis went to Brenda Aubin's graduation at the Civic Center in Portland, Saturday. Brenda is a niece of Dot Bennett.

Sunday, May 21, Mr. and Mrs. Robert Gilbert and family were given a surprise going-away party, as they will leave the last of this month for their new home in South Paris. A card to be signed by guests as they came in was on a table near the door with a money bowl as a remembrance from relatives and friends. Refreshments included a lovely cake made by Mrs. Leona Flint, Bethel. Guests attending: Mr. and Mrs. Shirley Gilbert, Mr. and Mrs. Arthur Gilbert and Roberta, Mr. and Mrs. George Gilbert, Mr. and Mrs. Randall Gilbert, Cheryl and Carol, Mrs. Lona Gilbert, Mr. and Mrs. Bradley Hall, Mr. and Mrs. Neil Gilbert, Mr. and Mrs. Gilbert Haines and girls, Mr. and Mrs. Lawrence Davis, Mr. and Mrs. Emerson Merrill, Mr. and Mrs.

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North East Lovell

Pauline Smith, Corres.— Our sympathy goes to the family of Anna Hodgdon, who passed away this week. She raised ten children and was a very hard worker. One of her daughters is from Sabbathus, Mrs. Hazel Davis. There are eight other living children.

Flowers in Church today, in memory of Charles Fox who passed away a year ago and is greatly missed by all.

I can hardly believe we have so much rain. Sunday morning really coming down, glad I moved a lot. Leroy, Pauline Smith, called on her cousin Vesta Nelson Thursday.

Mr. and Mrs. Arthur Weeks were here over the week end. Also Carl, Edna Estes from Brunswick were at the farm.

Kenneth Smith and Dot visited at Leroy Smith's this week. Iva Fox and Pauline Smith opened Ada Mallis's camp Friday.

Callers at Iva Fox Saturday evening, Linda and Neal Allen.

Callers over the week end at Hazel Allen's were Mr. and Mrs. Lawrence Allen, daughter and Hazel's great granddaughter, all from Ayer, Mass., Mr. and Mrs. Erlon Allen, Craig, Lester Allen, and Mr. and Mrs. Roswell Allen. Roswell gave his mother a nice big load of wood, all formed up.

Lawrence Allen took his mother to Locke Mills Cemetery and called on Mr. and Mrs. Jordan, then on to Norway Cemetery, later visited a friend, Mildred Shaw, at Norway, and then home by the way of the Bisbeetown Cemetery. What a full day for Hazel.

Mr. and Mrs. Ed Josephine from Massachusetts were at their home here over the week end.

Ada Mallis is at her camp on the Cushman pond road, after an operation, and a long illness. Good to see her back and well.

Dwight Merrill, Mr. and Mrs. Dennis Kniten and girls, Mr. and Mrs. Donald Bennett and family, Mr. and Mrs. Reginald Westleigh, Mr. and Mrs. Arthur Head and girls, Mr. and Mrs. Steve Blake and Heidi, Brent Gilbert, Miss Mary Frost, Reginald Gilbert, Douglas Blodgett and friend, Harold Carver, and the honored guests, Mr. and Mrs. Gilbert, Andrea and Michael. We all wish them much happiness in their new home.

THANK YOU
A great big THANK YOU to all people who sponsored me in the Boy Scout bike-athon. I collected over \$100 and it will be a big help toward Camp Bomazee.
Donald Barker

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ANDOVER
Mrs. Marjorie Jodrey, Corres.— On Friday night, May 19, the Andover Elementary School held their Spring Dramatic Presentation to a full house. First was the Kindergarten, Mrs. Adrienne Gallant's pupils. They sang "Little Foo Foo Rabbit," "Itsy Bitsy Spider" and fingerplays of "Five Little Squirrels" and "The Pigs"; a short skit "What Shall We Do?" Cast: Michelle Bell, Cathy Cronin, Beth Hutchins, Lynne Plantier, David Foster, Matthew Littlehale, Quentin Breton, Mike Miller, Scott Chase, Nathan Misericordi, Kristi Clements, Tracy Weston, Betsy Morton, Stephanie Percival.

Grade 1, skit, "Caps for Sale." Carol Stuart's pupils. Cast: Paula Michaud, Alicia Jodrey, Jason Misericordi, Marsha Hutchins, Patti Hutchins, Grady Littlehale, Jennifer Hutchins, Jenny Milton, Ricky Gilks, Debra Morton, Greg Simmons.

Grade 2, Victoria Meisner's, had two skits. First was "The March Battle." Cast: Robbie Dixon, Mace Gammon, Deborah Bodwell, Ricky Denny, Thurston, Victor Breton, Delmar Parker, Karen Morton, Bobbi Lynn Littlehale, Nancy Miller, Second skit, "The Wolf and the Littlebugs." Cast: Steve Learned, Kim Hutchins, Michael Dixon, Tracy Gammon, Michael Oliver, Heidi Belanger, Lori Milton, Moose Sessions, Sandra Morton, Karen Simmons, Matthew White, Bob Chase.

David Gironda's class presented "The Three Sillyies." Cast: Shannon Martin, Marcey Gilks, Elizabeth Chatter, Kevin Merrill, Charles Morton, Steve Downs, Judy Bailey, Scott Merchant, Deanna Hutchins, Linda Learned, Paul Hutchins, Billy Simmons, Heather Clark.

Roger Sabins' class presented "The Case of the Disappearing Dogs." Cast: Penny Percival, Lisa Mackenney, Martha Bell, Tammy Hall, Linda Fields, Deanna Fogg, Kellie Akers, Trina St. Cyr, Mich-ey Chatter, Stacy Gammon, Asa Sessions, Dwayne Jodrey, Jim Cooldige, Rich Merrill.

Joyce Morgan's class presented "The Wizard of Oz." Cast: Shelly Hutchins, Paula Morton, Rachel Belanger, Tammy Holmes, Todd Porter, Brenda Cox, Allison Belanger, Kim Dennis, Joe Hall, Donna Dorey, Emily Gammon, Jacob Schachter, Richard Bodwell, David Chenery, Brian Fogg, Jennifer Hutchins, Donna Gilks.

John Emery's class, "The Heroic Vegetables." Cast: Jeff Hall, Cheryl Parker, Deanne Bodemer, Ona-

ALBANY HUNT'S CORNER AND VICINITY
Kathy Bennett, Corres.— I just couldn't resist the temptation of the beautiful weather so am writing this outside. There seems to be something very soothing about a lovely spring morning.

Callers last week at the home of Mr. and Mrs. Hugh Stearns were Mr. and Mrs. Steve Hoey of South Portland and Dean Peaco.

Mr. and Mrs. Howard Inman were guests of honor at a surprise cookout in observance of their 30th wedding anniversary on Sunday. Those attending were Mr. and Mrs. Andy Inman and Jason, Mr. and Mrs. Mike Inman and Michelle, Mr. and Mrs. Hugh Stearns and Mr. and Mrs. Robert Pope.

Mahlon Grover called on the Arthur Wardwells on Sunday. Jane Wardwell has returned to work following a weeks vacation with her family.

Albert McAllister has his peas and potatoes planted. He also harvested Sarah Andrews' garden.

Bill Bancroft went to Bethel with the McAllisters one day last week.

On Saturday night Albert and Elma McAllister attended the dance at VFW hall in Harrison.

Ernest Westleigh and Zane were recent callers at the McAllister farm.

Mr. and Mrs. Arthur Seavey and children of Conway spent the

Faure, Mr. and Mrs. Gordon Wentzell, Mr. and Mrs. Don Assenault, Mary Crocker's name was omitted from the list of departed members of the E. A. Community Club in last week's paper.

Greenwood
Mrs. Colista Mo
Soft breezes of the hills
Ruth joined me to
enjoy the thrill
of the thrill and wren.
I began what we call
It's a road that
year at about this
to learn about it
each spring and we
we could have forg
Here in the wo
nothing to assault
of the flaps along
of the tap-tap-t
drillers.
We left the car
trance to the road
from the main hi
goes over Patch M
my jacket immediat
it warmer than I e
very short time wa
bridge over Sanbor
was chanting and m
hope of finding th
We always pu
listen and look, so
where we can look
bridge. We didn't
water was high and
The air here was a
and the ferns so gre
you.
In some of the
still lay. It seemed
to see it there for
been gone elsewhere.
There was the pun
earth soaking moist
The first show of
has begun, for there
kinds in bloom on
and grass lands open
We traveled up hi
passing the location
mill site where silen
dows cast their spells.
That our heritage wa
section, these hills.
went among the peace
riving at the little
ment where
Meeting Elm. How
looks for winter again
some of its branches.
"Here come the hardy
With axe and plow
fill.
To change the path
To build the cabin
Now we followed th
where we crossed an
The water twinkled an
the conglomeration
of stones and small b
sticks sloping down fr
into the water. What
most deeply was the n
of motion which had a
recently. Just a few
ago the waters were se
a steely-dark prison of
the waves rolled up a
stones, rounded, and sh
talclear drops of livin
climb the hill toward
Patch Mountain. From
top farm the view is
perb. We sat down and
a landscape divided a
might be into three co
of its domain. We
brown of fall's grass
tutiful green which had
fields, and the restful
green, fresh, and sw
the evergreens with th
meet and the scarred ro
ed.
Now we turned left
complete the last par
journey. This part was
most of the way was do
The road side held th
of spring. There were
oats, ground nuts, and

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Greenwood City

— Mrs. Colista Morgan, Corres. —

Soft breezes of springtime were greening the hills of May when Ruth joined me to roam at will and enjoy the thrill of the robin, thrush and wren. We chose a walk around what we call the "square". It's a road that we take every year at about this time. We have to learn about it all over again each spring and we wonder how we could have forgotten.

Here in the woods there was nothing to assault the ears. The forest flatters and softens the call of the frogs along the road sides or the tap-tap-tap of the tree

We left the car near the entrance to the road leading right from the main highway which goes over Patch Mountain. I shed my jacket immediately for I found it warmer than I expected. In a very short time we were on a bridge over Sanborn River which was chanting and murmuring its hope of finding the far-distant sea. We always pause here to listen and look; sometimes going where we can look under the bridge. We didn't today for the water was high and the banks wet. The air here was as cool as dew and the ferns so green for us and you.

In some of the ditches snow still lay. It seemed a natural thing to see it there for not long has it been gone elsewhere.

There was the pungent smell of earth soaking moisture up. The first show of wild flowers has begun, for there were various kinds in bloom on damp hillside and grass lands open in the woods.

We traveled up hill and down passing the location of the old mill site where silently the shadows cast their spells. We recalled that our heritage was from this section, these hills. Then on we went among the peaceful trees arriving at the little camp settlement where stands the Town Meeting Elm. How said it now looks for winter again took away some of its branches.

"Here come the hardy pioneers With axe and plow to cut and till. To build the cabin and the mill, Now we followed the left road where we crossed another bridge. The water trickled and there was the conglomeration and disorder of stones and small boulders and sticks sloping down from the shore into the water. What touched me most deeply was the new freedom of motion which had appeared so recently. Just a few short days ago the waters were sealed up in a steely-dark prison of ice. Now the waves rolled up against the stones, rounded, and showed crystalline drops of living water.

We left the watery chuckles to climb the hill toward the farm on Patch Mountain. From this hill-top farm the view is always superb. We sat down and looked on a landscape divided as a map might be into three colors, each with its domain. We saw the brown of last fall's grass, the beautiful green which had covered the fields, and the restful mountains green, fresh, and sweet where the evergreens with the heavens meet and the scarred rocks frown.

Now we turned left again to complete the last part of our journey. This part was easy, for most of the way was down hill. The road side held the essence of spring. There were the wild oats, ground nuts, and wood ane-

— Mrs. Colista Morgan, Corres. —

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SCHOOL LUNCH MENU

S. A. D. 44—WEEK OF MAY 29

Monday: Memorial Day.

Tuesday: Barbecued meat balls in home made bun, green beans, roasted peanuts, fruit, milk.

Wednesday: Meat pattie and gravy, mashed potato, corn, frosted cake, mixed bread and butter, milk.

Thursday: Macaroni and cheese, ham slice, cabbage-pineapple salad, peaches, bread and butter, milk.

Friday: Italian sandwich, potato chips, peas and carrots, fruit, milk.

Saturday: Macaroni and cheese, ham slice, cabbage-pineapple salad, peaches, bread and butter, milk.

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Bryant Pond

— Mrs. Alice F. Hoyt, Corres. —

The Woodstock Senior Citizens will go to the Country Way on Thursday, June 1, for a meeting and luncheon. Those wishing to go please meet at the Town Hall at 10:30 a. m.

There has been a very good attendance for the "Christian Life Conference" held at the Baptist Church this week with Rev. Roland Lord speaking. A fellowship supper was held Monday evening.

Thursday (tonight) the New Brunswick Bible Institute male quartet will be at the Baptist Church for a service at 7 p. m. The church softball team will play Bethel at Bryant Pond Saturday evening.

Sunday, June 4, the Baptist Church will have a Baccalaureate Service for all Woodstock and Greenwood seniors who wish to attend at 10:30 a. m.

The Woodstock Alumni Banquet will be held at Telstar High on June 3 at 6 p. m. Area Seniors and 50 year alumni are the special guests. There will be a dance at the Legion Hall with "Coastline Charlie's" music for all those who wish to attend after the Banquet.

Mr. and Mrs. Kenneth Hoyt and Robert attended a retirement in Jay Sunday afternoon for his uncle, Carroll Wilson.

The Memorial Day Program is as follows: time, 1:30 at the Hon. Roll; Star Spangled Banner, Band; Flag raising and placing flags and flowers at Honor Roll; Memorial Prayer, Rev. Hanson; Flag Salute; America, Band; Gen-

eral Logan's Address; Music, Band; Lincoln's Gettysburg Address; Speaker, Myron Pierce, South Paris; Benediction, Rev. Hanson; Music, Band; Parade will form to march to Cemetery. All are invited to march.

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Songo Pond

— Mrs. Ralph Kimball, Corres. —

Our sympathy to Mr. and Mrs. John Kallis on the sudden death of their long-time friend and former business associate Steve Strater early Friday morning. Mr. and Mrs. Strater and son had arrived at the Kallis Thursday on their first visit to Maine.

Mr. and Mrs. Jesse Doyen were in Farmington one day last week. Mrs. Millie Wentzell came up to her camp last Friday for the day. For the present she is staying with her son and family in Sebago.

Mr. and Mrs. Cliff Miller of

eral Logan's Address; Music, Band; Lincoln's Gettysburg Address; Speaker, Myron Pierce, South Paris; Benediction, Rev. Hanson; Music, Band; Parade will form to march to Cemetery. All are invited to march.

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West Peru

— Mrs. Alice Kimball, Corres. —

West Peru were visitors Saturday of the Jack Parsons. Other recent visitors there have been Mr. and Mrs. Gerald Kimball and Mr. and Mrs. Durwood Bean of South Paris. Mike Parsons of Rumford came up Tuesday and killed his brother's garden.

Mrs. Christine Kimball hosted a housewares party Wednesday evening with 15 attending.

Mr. and Mrs. Wendell Barker of Norway were Sunday lunch guests of the Jimmy Kimballs.

Mr. and Mrs. Dave Stuart of Yarmouth were doing some work at their cottage during the week end.

Mrs. Alice Kimball visited her daughter and family in Otisfield

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Sunday and also relatives in Raymond.

— Mrs. Dan Reynolds and children were recent callers of Mrs. Kimball.

Mrs. Thelma Merrill of Norway and Mrs. Grace Merrill were Sunday supper guests of the William Bancrofts to observe Mrs. Merrill's birthday.

The secret of patience is doing something else in the meantime.

— Mrs. Dan Reynolds and children were recent callers of Mrs. Kimball.

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LAST PACK MEETING

On Tuesday, May 23, the Cubs and parents of Pack 566 held their last Pack meeting before the summertime activities begin. After the opening, the four Webelos presented assisted in tying another banner to the Pack flag, that being the 100% Boys Life Award. Cubmaster Al Barth then announced two of the summertime activities. On June 10, Saturday, all Pack 566 Cubs and their families are urged to meet in the Warehouse parking lot at 9:15 a. m. From there they will travel to Jay for the Snowshoe District Cub Scout Rally at the grounds near the municipal building. This is rain or shine, since they have inside facilities. Everyone should bring a bag lunch, ice cream, drinks and other goodies will be available on the grounds. Every Cub who attends will get a Rally Patch to wear on his Cub Scout shirt and will have the first leg on winning the National Summertime Award. The second summertime activity will be the Cub Scout overnight at Camp Bomazeen on July 22-23. More details about this will be in the paper at a later date.

Awards were presented to the following Cubs: Den 1, Scott Newton, Danny Myers, and Jay Hastings; Bear Badges: Den 2, Brent Angevine, Wolf and Gold Arrow; Chris Powell and Todd Davis; Silver Arrows: Den 3, Lester Cole and Scott Stevens, Wolf; Den 5, Coley Fudge, Bear, Gold and Silver; Eric Wight, Bear and Gold Arrow; Jay Davis, Bear; Den 6, John Carter, Bear and Gold Arrow; Webelos Den, Brent Batchelder, Artist, Engineer and Scholar; Mike McGuire, Keith Wight and Bruce Barth, Scholar. All four Webelos received a graduation certificate as it was their last Pack meeting as Cubs.

Committee Chairman Steve Wight then thanked Al Barth for this work as Cubmaster over the past four years and urged all to assist Tom Hutchinson who will move up from Asst. Cubmaster to assume the Scoutmaster's duties. All those who plan to attend the Cub Scout Rally on June 10 are to call Steve Wight, 824-2410, for transportation arrangements. All who plan to attend Camp Bomazeen, Cubs or Dads, must call either Steve or Tom Hutchinson, 824-2769, to get the details and the required medical form for each Cub.

SURPRISE BABY SHOWER

A surprise baby shower was given to Mrs. Mitie Young of Bethel on May 21, at the home of her aunt, Mrs. Stanley Moore. Hostesses were Mrs. Moore and Mrs. Richard Angevine. The decorated shower cakes were made by Mrs. Gwen Currier.

Attending were Arlene Farwell, Dorothy Durgin, Edna Cole, Mary Smith, Dot Smith, Joyce Herriot, Marcia Smith, Brendi Newell, Christie Angevine, Earlene Hart, Sherry Angevine, Heidi Moore, Karen Danforth; the honor guest's mother-in-law, Mrs. Smith, and also her mother, Mrs. Mary Jane Newell.



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SPRING OUTREACH PROGRAM

AT LIBRARY TO START MAY 30

Final preparations are in the works for the Bethel Library's Spring Outreach Program for children, "A Time to Pretend." The five-day festival will begin on May 30 as school classes from Ethel Bisbee, Crescent Park and Locke Mills schools visit the library for four days of programs featuring films, story telling, puppetry and songs.

The festival will move outdoors on June 3, Saturday, for a Fair for children and their parents. Celebration Mime Trio of South Paris will present a 45-minute production of Pinnocchio beginning at 1:30 p. m. on the library lawn. The Swinging Rebel Jazz Band of Telstar Regional High School under the direction of Jerry Heffley will perform before and after the Celebration Mime performance. Other attractions at the Fair will be a used book sale specializing in children's books, and the sale of refreshments by the local food co-op. A festive and decorative atmosphere will be created with a display of art works by children in participating schools.

"A Time to Pretend" has already been awarded first place in the outreach contest sponsored by the Maine State Library. The events are free of charge. Preliminary sponsors of the performance of Celebration Mime include Telstar Teachers Association, Chamber of Commerce, Gould Academy, Bethel Savings Bank, Gordon and Mary Gillies, Stan Fox, Mike O'Donnell, Brown's Variety, April Lynn Florist, Sunri Ski Shop, Brooks Brothers, Bethel Food Store, Fashion Basket, Caseo Bank and Margaret Tibbets. Any individual or business wishing to join the list of sponsors may contact Virginia Keniston or Cathy Newell. The Saturday Fair will take place in the Bingham Gym at Gould Academy in case of inclement weather.

BETHEL MAN APPOINTED TO MERRILL STEERING COMM.

Democratic gubernatorial candidate Phil Merrill has announced the appointment of Paul McGuire of Bethel as a member of Merrill's Statewide Steering Committee, which will provide the candidate with citizen input during the campaign. Mr. McGuire is former chairman of the Oxford County Democratic Committee and presently chairman of the Bethel Democratic Committee. He is an instructor at Gould Academy.

BORN

In Lewiston, May 17, to Dr. and Mrs. Wayne Gersen of Bethel, a daughter, Hannah Hemphill.

DIED

In Norway, May 20, Mrs. Jessie J. Andrews of South Woodstock, aged 86 years.

PUBLIC NOTICE

BETHEL LANDFILL HOURS

Effective: Monday, June 19, 1978

Monday 9:00 A. M. - 6:00 P. M.

Tuesday Closed

Wednesday Closed

Thursday 9:00 A. M. - 6:00 P. M.

Friday Closed

Saturday 9:00 A. M. - 6:00 P. M.

Sunday 9:00 P. M. - 6:00 P. M.

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BROWNIES FLY-UP TO GIRL SCOUTS

Back row (left to right) Tracey Fudge, Christine Owens, Susan Vicere, Michelle Crockett, Louise Snyder, Sara Chapman, April Bennett, Kim Sweetser, Front (left to right) Pam Morgan, Eileen Aylward, Anita Kimball, Amy Flynn, Karen Gould, Jeannine Conant, Debbie Wheeler, Lynn Seames. Girls absent who were flying up were: Lori Estabrook, Andrea Howe and Veronica Melville.

Thursday, May 18, the Telstar Cafeteria was humming with the



TEACHERS DONATE BOOKS TO SCHOOL LIBRARIES

Teachers of M. S. A. D. #44, represented by Mary Newcomb, Rodney Abbott and Nancy Fox, directors of the Telstar Educators Association, have presented to the school libraries for the children of the district the Newbery and Caldecott Award winning books for 1978.

The books were accepted by the elementary principals Michael Gilbert, Nancy Davis, Margaret Davis, Joyce Morgan, Timothy Barker and the Telstar librarian, Madeleine Gibbs.

AT BOOK PRESENTATION

(Left to right) Michael Gilbert, Nancy Davis, Nancy Fox, Margaret Davis, Timothy Barker, Rodney Abbott, Mary Newcomb, and Madeleine Gibbs.

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West Paris

— Mrs. Marian Chase, Corres. —

Mr. and Mrs. Bob Chamberlain and Robin went to Sebago Lake Campgrounds over the week end. Mr. and Mrs. Raymond Farr Jr. spent the week end in Gardiner visiting Mr. and Mrs. Raymond Smith and family.

Miss Vickie Inman, daughter of Mr. and Mrs. Vernon Inman, graduated from the U. of M.-Orono, Saturday.

Mr. and Mrs. Nathan Small, of Norway, called on Mr. and Mrs. Everett Chase, Sunday.

The West Paris Baptist and North Paris Federated Churches hosted a very successful Macedonian Ministries week end conducted from the Augusta area.

Miss Christine Waterhouse had a sweet 16 party at her home.

Forward Fellowship members and guests had supper and meeting in Livermore, Monday evening.

There will be a benefit yard sale at Jacob Immonen's Friday and Saturday from 8 a. m. - 9 p. m. There will also be baked goods.

Memorial Day Parade will start at 10 a. m. from the Legion Hall.

Chapel Valley Home

Everyone enjoyed a lovely Mother's Day at the home. All received lovely cards and flowers from their families and also special thanks to the Grange for their mementos.

We wish to say a special thank you this week to the Norway Church of the Nazarene. They come every Tuesday evening and sing which the patients greatly enjoy and look forward to.

On Mothers Day Mrs. Florence Bailey enjoyed a dinner at the Country Way, with her grandson and wife, Mr. and Mrs. Leonard Akers, Timothy, Jonathan of Andover.

Mrs. Clare Smith went to dinner with her daughter, Mrs. Milton Mills of Bryant Pond on Mother's Day.

Mrs. Jeanette Carlini is spending a few days in Bryant Pond while her daughter is in the Rumford Hospital for surgery.

Virginia Lasselle called on her aunt, Florence Bailey, Saturday.

Rena Bacon went to Norway with Vance Bacon to visit her cousin and then back to his home for

MRS. JESSIE J. ANDREWS

Mrs. Jessie J. Andrews of South Woodstock died Saturday night, May 20, 1978, at the Stephens Memorial Hospital in Norway. She had been cared for at a nursing home in West Paris for the past several months.

She was born at Paris, May 3, 1892, the daughter of George and Nellie Andrews Jackson. She was graduated from South Paris High School with the class of 1910 and had taught school for a time at the Perkins Valley School in South Woodstock, prior to her marriage to Harlan M. Andrews on April 12, 1911. Mr. Andrews died Jan. 5, 1970.

Mrs. Andrews was a member of the Jefferson Chapter, O.E.S., of Bryant Pond; Women's Relief Corps of Sumner; West Paris Universalist Church and was the last surviving charter member of the South Woodstock Willing Workers. She was vice president of the I. W. Andrews and Son Corporation. Surviving are two sons, H. Stanley Andrews of Bryant Pond, and Lenwood Andrews of South Woodstock; one sister, Mrs. Eva Penley of Falmouth Foreside; one brother, J. Albert Jackson of West Paris; eight grandchildren; 16 great-grandchildren; and six great-great-grandchildren.

Funeral services were held from the West Paris Universalist Church Tuesday afternoon. Interment was at the Wayside Cemetery, West Paris.

a birthday, supper for Rena, and Mother's Day.

Eva Pierce went to Norway shopping on Wednesday with her niece, Mrs. Bruce Tynes.

Mrs. Myrtle Lapham called on Clara Smith Thursday and they went to the Norway Hospital to call on Mrs. Mildred Chapman.

Mrs. Anita Cook and her mother, Jessie Morrill, from South Paris, went out to dinner with Mrs. Bailey.

Doris Maxim, Christian Ridge Road, and Mrs. Stanley Heath, called on Mrs. Florence Bailey, Wednesday.

Mrs. Elizabeth Abbott's grandson, Bruce, called on her Saturday.

Mrs. Rena Bacon went with Moss to visit Rena's niece, Pats Holt, in Greenwood Saturday.

Edna Scott received a lovely visit from her daughter-in-law, Doris, on Thursday.

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MEMORIAL DAY WEEK END

Sunday, May 28

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Second Course Lasagna Piccole
Third Course Roast Suckling Pig with traditional stuffing and fresh vegetables
Fourth Course Chef's Salad with Inn dressing
Fifth Course Our Rich Italian Cheesecake

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EZ Kare Latex Flat Enamel	13.49	10.97
P Supreme Super-Sat-N-Hue Latex	10.98	9.97
A Select Latex	7.98	6.97
E Supreme Marvelustre Latex Semi-Gloss	12.98	10.98
W Supreme Super-Sat-N-Glow Alkyd Enamel	11.98	9.99
CBW Select Brito White Ceiling Latex	7.75	6.97
TP Supreme "Tru-Tex" Latex Texture Paint	7.98	6.97

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DP Supreme Polyurethane Floor Enamel	13.48	10.97
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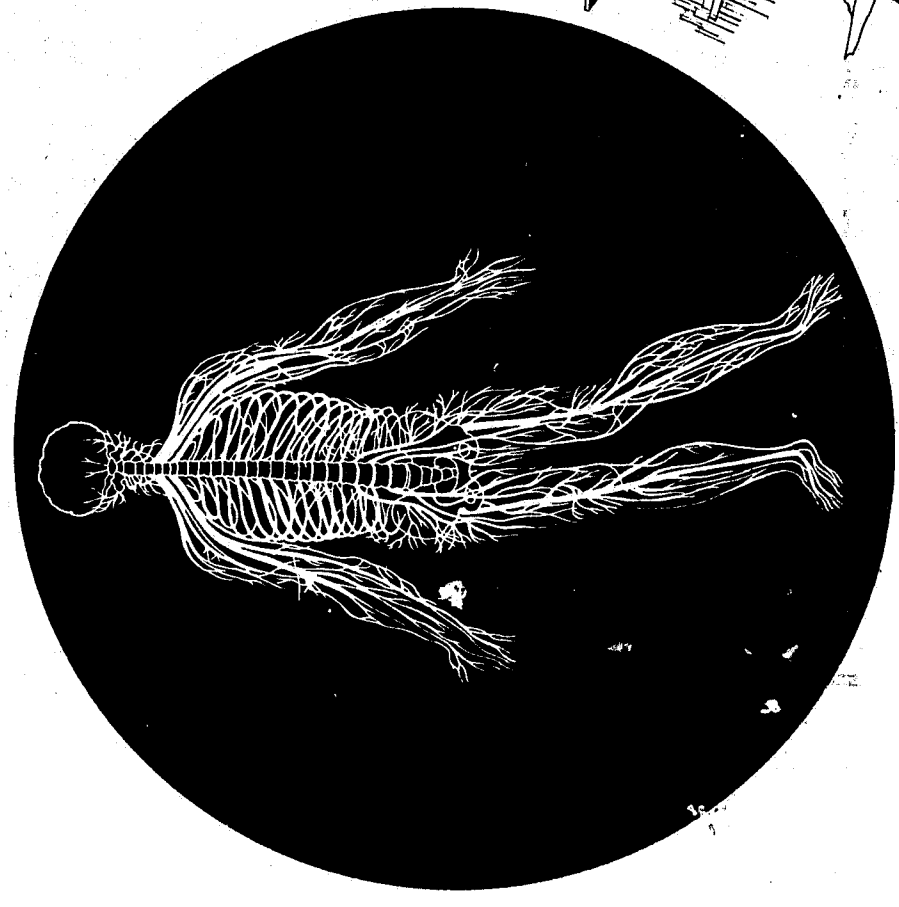
J. ANDREWS
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 died Saturday night,
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 ee president of the I.
 and Son Corporation.
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 Andrews of South Wood-
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SEVERAL DISABILITIES ARE THE UNDERLYING CAUSE OF MANY TYPES OF POSTURAL DISORDERS

The human body is a carefully integrated unit, not just the sum of its parts. Any dysfunction of one system or structure may have a profound effect on the entire body.

Correct posture is the key to good health.

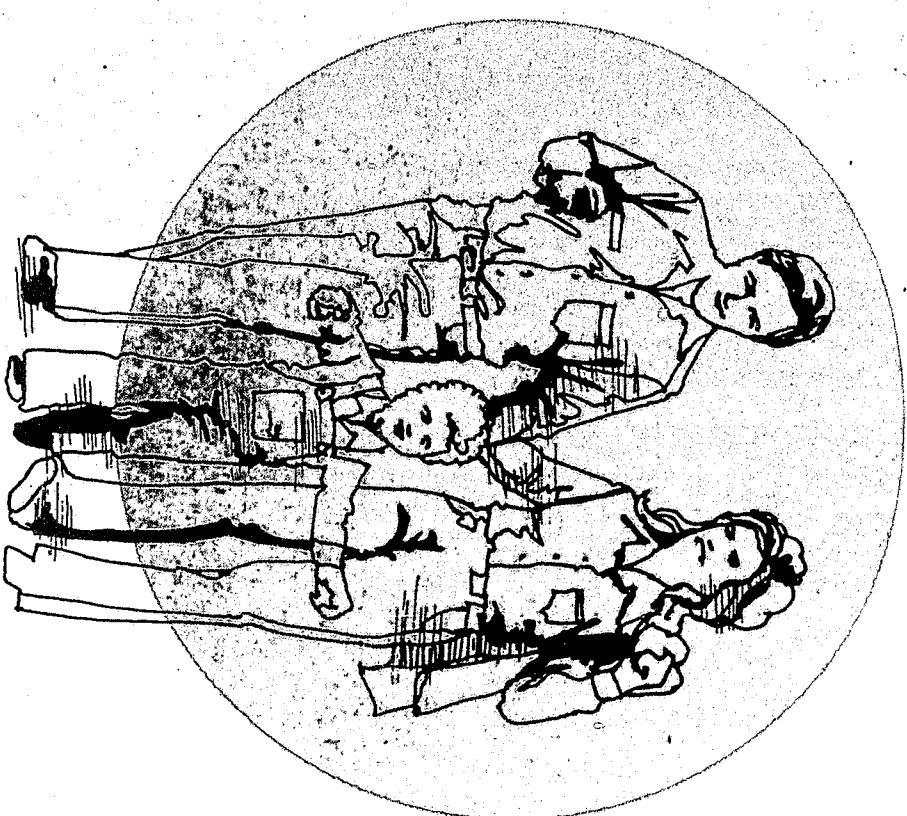
Fitness is a national health problem



The Ultimate Goal

"We do not want in the United States a nation of spectators. We want a nation of participants in the vigorous life. This is not a matter which can be settled, of course, from Washington. It is really a matter which starts with each individual family. It is my hope that mothers and fathers, stretching across the United States, will be concerned about this phase of their children's development, that the communities will be concerned, to make it possible for young boys and girls to participate actively in the physical life; and that men and women who have reached the age of maturity will concern themselves with maintaining their own participation in this phase of the national vigor — national life."

— President John F. Kennedy



It is an undisputed fact that Americans lag behind many countries of the world in fitness.

Easier living brought about by space-age developments may be more pleasant, but it is encouraging a life without effort... a society of "button pushers." In the process, we are neglecting our bodies.

The chiropractic profession encourages parents and teachers to support physical fitness programs in schools. In the home, youngsters must be encouraged to develop good fitness and health habits at an early age. Physical fitness is a family affair.

THE REWARDS OF BEING FIT

To be physically fit is to bring the efficiency level of the body to a point where it can meet the demands of everyday living. This requires the building of endurance and stamina. The rewards of a physically fit body are greater energy, greater resistance to disease and disability, and greater mental potential.

There is nothing more basic to good health and physical and mental fitness than good posture. It is an essential ingredient in attaining a desirable degree of fitness. People with good posture are generally more physically fit and emotionally adjusted, two characteristics which lead to happier and more productive lives.

What treatment methods are utilized?

In general, diagnosis plays the same role in chiropractic as in all the healing arts: it is the basis for determination of the treatment.

Consultation. During the initial consultation, every measure of observation that will more substantially profile the condition of the patient is employed and recorded.

Physical Examination. The doctor of chiropractic conducts a systematic and thorough examination using the methods and techniques that are standard with all health professions. In addition, he includes a postural and spinal analysis which is unique to the field of chiropractic.

Diagnostic Aids. The doctor of chiropractic uses the standard procedures and instruments of physical and clinical diagnosis and is well acquainted with the need for differential diagnosis. Diagnostic X-ray procedures, especially as they relate to the skeletal system, are a primary clinical diagnostic aid in chiropractic.

Laboratory Tests. Doctors of chiropractic are knowledgeable in the standard and the special clinical laboratory procedures and tests usual to modern diagnostic science.

Chiropractic treatment methods are determined by the scope of practice authorized by state law. These methods, however, do not include the use of prescription drugs or major surgery, thus avoiding the dangers therein.

Structural Adjustment. The most characteristic aspect of chiropractic care is the correction of subluxated or fixated spinal or pelvic segments which interfere with normal function and health. The purpose of this adjustment is to normalize the abnormal relationship of the structures and relieve the associated nerve, muscle, and vascular disturbances.

Dietary and Nutritional Supplementation. Recommended vitamin and mineral food supplementation can often serve to prevent the onset or degree of dysfunction of the nervous system.

Physiotherapeutic Measures. Physiotherapy is often used as an

What you can do to help each member of your family look and feel better

WHAT YOU CAN DO TO HELP EACH MEMBER OF YOUR FAMILY LOOK AND FEEL BETTER

1. STRESS GOOD POSTURE HABITS
Good posture puts the body in a balanced position. This allows the vital organs enough room to function efficiently, enables the blood to circulate freely, and causes the muscles to be relaxed until action is needed. Encourage proper habits until good posture becomes automatic.

2. REQUIRE REGULAR EXERCISE
It is not easy for any parent or child to resist the urge to become an "armchair captive" of the television set. But this tendency toward physical inactivity can be overcome by developing an interest and desire to be physically fit. An intelligent program of exercise also helps relieve tension by allowing the person to "let off steam."

3. PROVIDE A WELL-BALANCED DIET
Nourishing food that builds bone and muscle is essential to good health. A balanced diet consists of four servings a day from each of the basic food groups: breads and cereals; meat, poultry, fish and eggs; milk and other dairy products; and fresh fruits and vegetables. Hold "snack" foods and manufactured sweets to a minimum.

4. HAVE REGULAR HEALTH CHECK-UPS
Spinal checks, with close attention to body posture and physical fitness, will reveal body defects or distortions. These problems should be corrected before they lead to serious physical impairment.

5. SET A GOOD EXAMPLE YOURSELF
Youngsters learn by example. Establish a family program of healthful activities tailored to ages and abilities. This will help establish positive habits and gain the valuable rewards of physical fitness.

The Doctor of Chiropractic Values The Human Element In The Prevention and Treatment of Disease.

A doctor-patient relationship is a human one. Not only should you have confidence in your doctor, but you should also feel that he is interested in you, concerned with all your problems, and desirous to serve you conscientiously. You should feel free to talk to him, to be able to express your anxieties about health matters, whether real or anticipated, without reservation, and to have your concerns received with serious interest and exhaustive investigation.

Likewise, your health practitioner should recognize economic factors. He should value the importance of keeping your expense at a minimum; he should utilize practical procedures which are designed to afford maximum relief in minimal time.

Chiropractic's conscientious approach to the prevention and treatment of disease and disability utilizes an approach which does not shuttle patients from doctor to doctor, a procedure that does not confine the indi-

Chiropractic is that science and art which utilizes the inherent ability of the body to recover and reconstruct its musculo-skeletal structures and the relationship between the body and the environment.

WHAT YOU CAN DO
TO HELP EACH MEMBER
OF YOUR FAMILY

adjunctive therapy to enhance
the effectiveness of the
diagnosis plays a role in
the chiropractic treatment
method are spooned



Fitness is

of motion

What is chiropractic?

Chiropractic is that science and art which utilizes the inherent recuperative powers of the body and the relationship between musculo-skeletal structures and functions of the body, particularly of the spinal column and nervous system, in the restoration and maintenance of health.

The practices and procedures commonly employed by doctors of chiropractic are based on the doctor's training received in and through accredited chiropractic colleges, postgraduate courses, and professional certification programs. These include, but are not limited to, the use of accepted procedures in diagnosis and treatment. Emphasis is placed upon correcting disorders of the articulations and adjacent tissues of the body, particularly of the spinal column, and the relief of related nerve disorders.

IS CHIROPRACTIC CARE NATIONALLY RECOGNIZED?

All states, the District of Columbia and Puerto Rico have statutes recognizing and regulating the practice of chiropractic as an independent health service. The practice of chiropractic is also officially recognized in many foreign countries.

Board-qualified and licensed chiropractors are entitled by law to use the title "Doctor of Chiropractic" and/or "Chiropractic Physician." The Federal Medical Care Law and State Medicaid Acts in most states include doctors of chiropractic as primary health providers and recognize doctors of chiropractic as physicians employing a method by which particular attention is given to the structural and neurological aspects of the body in the prevention and treatment of health problems.

In addition, the chiropractic profession has firm relationships with third-party payors such as workmen's compensation agencies, the Federal Employees' Compensation Act, and the Railroad Retirement Act. Virtually all insurance carriers in the United States provide policies covering chiropractic care.

All Federal agencies accept sick-leave certificates signed by doctors of chiropractic, and fees paid to doctors of chiropractic are allowable deductions as expenses for "medical care" for Federal income tax purposes.



What is the education of the doctor of chiropractic?

State licensed and regulated, the chiropractic physician is a valuable member of the health care profession. A minimum of six years of college study and internship go into making a doctor of chiropractic (D.C.), more if he or she is a specialist. The areas of science studies are those pertinent to the health care of human beings, including anatomy, bacteriology, pathology, physiology, biochemistry, pediatrics, geriatrics, spinal manipulation, X-ray, nutrition, physical therapy, and many others.

The chiropractic physician is primarily concerned with the spine and how its interplay with the nervous system affects many important body functions. The chiropractor knows that a spinal disorder can cause severe pain in the immediate back area as well as interfere with the nerves of the body. While the chiropractor is especially skilled in treating structural problems associated with the neck and back and other joints, he can treat much more. Millions of Americans are chiropractic patients and can attest to chiropractic health care benefits.

ARE CHIROPRACTIC COLLEGES ACCREDITED NATIONALLY?

The professional accrediting agency for chiropractic colleges is the Commission on Accreditation of the Council on Chiropractic Education (CCE). The Accrediting Commission of the CCE is recognized by the Commissioner of Education of the U.S. Department of H.E.W. and included on the department's list of nationally recognized accrediting agencies and associations.

Important Points to Remember About Chiropractic.

1. Chiropractic is a science founded on tone. It gives special emphasis to the structural integrity of the body.
2. It utilizes a method of treatment which relies on the body's natural recuperative powers.
3. It is a conservative healing art which does not utilize drugs or surgery.
4. It recognizes pain as a symptom and not the cause of a health disorder.
5. The doctor of chiropractic is a well trained member of the health team.

MODERN CHIROPRACTIC HEALTH CARE

Chiropractic is a science founded on tone. It gives special emphasis to the structural integrity of the body. It utilizes a method of treatment which relies on the body's natural recuperative powers. It is a conservative healing art which does not utilize drugs or surgery. It recognizes pain as a symptom and not the cause of a health disorder. The doctor of chiropractic is a well trained member of the health team.

Correct posture aids in maintaining good health.

Posture not only has a direct bearing on comfort and work efficiency, it is also a factor which determines resistance to disease and disability. All doctors recognize the importance of spinal integrity and body mechanics for good health.

To assure good health, your body should be free from spinal defects and distortions, and your nervous system functioning at peak efficiency.

As a spinal specialist, your doctor of chiropractic is most concerned with the effects of and prevention of spinal defects affecting physical fitness. The modern doctor of chiropractic is trained and skilled to treat health problems. His treatment is aimed at maintaining the mechanical integrity of the body by correction of spinal defects and postural distortions. He employs a system of practice which gives particular attention to the structural, muscular, and neurological aspects of the human body.

Any activity in which the structure of the human frame is thrown out of normal balance can cause distortion of the spine. Since it is impossible to restrain a child from participating in the numerous normal activities that may cause stress and strain, the correction of faulty body mechanics during the early stages is important. This is why doctors of chiropractic recommend that children have periodic spinal health examinations.

Active children are particularly prone to spinal subluxation because they are energetic, impatient, and have an innocent disregard for caution. Spinal disorders often are the result of twists, sudden turns, awkward lifts and postural positions, and shocking body contact during play. If not corrected, spinal problems may lead to interference with normal nerve function and body mechanics causing or contributing to severe illness.

Posture affects mental attitude.

Each of us is conscious of images — and should be — because our image greatly affects our relationships with other people.

One characteristic which contributes to the image others have of you is your posture, for it is a reflection of your attitudes and personality. It tells others what you think of yourself.

When we speak of posture, mostly we are referring to physical posture — how we stand, sit

or walk. That's the part of your posture that shows. But equally important is your mental posture — how you think and feel.

Physical posture mirrors mental posture. Thus, posture and personality are completely interdependent.

Good posture reflects a positive attitude. It helps you project a more favorable image to others. They know that you not only stand tall, but think tall.

Many illnesses related to spinal problems.

The illnesses and malfunctions caused by spinal defects are numerous and varied. Their effect may be indicated by a wide range of symptoms and signs in most any part of the body.

The human body operates as a complex, synchronized unit.

Structural defects may result in functional disturbances, and structural disorders may result in structural defects.

The White House Conference on Child Health, as early as 1930, recognized the importance of spinal integrity and body mechanics in relation to health. Correct posture is essential to proper development. Good posture makes possible the use of the body in the most efficient way—using and poor posture and the lack of ability to cope with a wide variety of diseases.

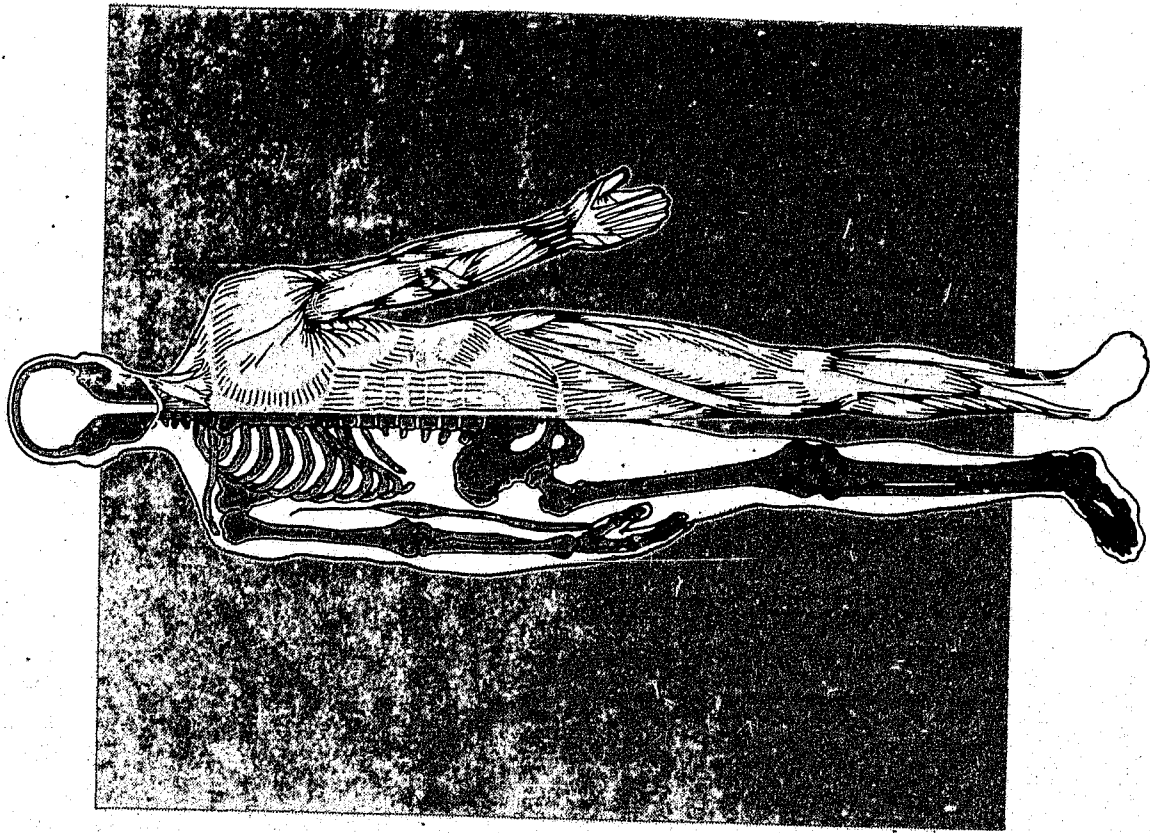
STRUCTURAL DISORDERS MAY BE THE UNDERLYING CAUSE OF MANY TYPES OF PAINFUL DISABILITIES

The human body is a carefully integrated unit, not just the sum of its parts. Any dysfunction of one system or structure may have far-reaching effects upon the nervous system because of the inherent relationship of body systems.

Neurologic insults sited at the spinal column and other areas may cause symptoms to appear in remote organs and tissues.

As an individual is a unique, integrated being, structural subluxations and fixations may cause or contribute to disease, and disease processes may cause or contribute to structural and/or functional disorders.

These artist's renderings depict the overall relationship of bodily systems rather than a definitive analysis.





McGUIRE SEEKING NOMINATION AS DISTRICT 63 CANDIDATE

H. Paul McGuire, 36, of Bethel, has announced to seek a nomination for the Maine House of Representatives, District 63, in the November election. McGuire, a native of Maine, graduated from the Bethel High School in 1957 and attended the University of Maine, Orono, where he received a Bachelor of Science degree in 1961. He has been employed by the Bethel Paper Company since 1961. McGuire is a member of the Bethel Lions Club, the Bethel Rotary Club, and the Bethel Elks Club. He is also a member of the Maine State Police and the Maine State Guard. McGuire is married and has two children, Michael and Mary.

PUBLIC SUPPER
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First and Third Saturdays
5:00 to 6:30 p.m.
Sponsored by
Mt. Abram Lodge

There will be a wedding reception for Richard & Kathleen at West Bethel Grange Hall, Sat., June 17 at 7:00 p.m. All relatives and friends are invited.

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Check your posture

Correct posture is attained when your muscles hold your body in balance. To check your posture try this simple test: Stand with your back to the wall with head, shoulder blades, calves and heels touching the wall. Place your hands at your sides. Flatten the hollow of the back by pressing the buttocks back against the wall. The space at the back of your waist should not be greater than the thickness of your hand.

Now stand facing the wall with palms of hands on front of thighs. If your chest touches the wall first, your posture is excellent or at least quite good. If your head touches first, your posture is only fair. If your abdomen touches first, your posture is poor.

Ask your doctor or chiropractic to tell you how important good posture is to good health. He will explain in detail how bad posture affects the functions of your entire body. More important, he will help you to correct your postural problem.

STAND TALL, SIT TALL AND WALK TALL

Stand Tall. Good posture places your head directly in line with your center of gravity. You stand erect. Your shoulders are relaxed and level. Your spine has a gentle curve in the low back. Your stomach should be flat. (A protruding waistline changes your center of gravity, or balance, and causes the spine to compensate by forming an unnatural curve. This spinal configuration is called "Lordosis.") Your legs should be straight with just a slight flexing at the knees. You should feel your weight press down against the outer borders of your feet.

Sit Tall. Sit tall by sitting upright in your chair. Avoid buying chairs that have deep seats. They encourage slouching and distortion of the spine. Feet should be flat on the floor with toes pointed straight ahead or slightly inward. If your occupation involves long periods of sitting, get up periodically and walk about to flex muscles and restore circulation to your lower abdomen and legs.

Walk Tall. Walk with head erect. Movement should start at the hips. Look ahead. Swing your arms freely. Point your toes straight ahead or slightly inward. Knees should be relaxed. Say to yourself, "I'm

proud to be alive. I feel good." Throw out your chest and walk with a happy, even gait. Bad walking habits can contribute to chronic poor posture and eventual bad health.

Practice good posture when lying down and sleeping, too. Lie as flat as possible. Stretch yourself to full length. Sleep on a firm mattress, or use a bed board.

WHAT DOES GOOD POSTURE DO FOR YOU?

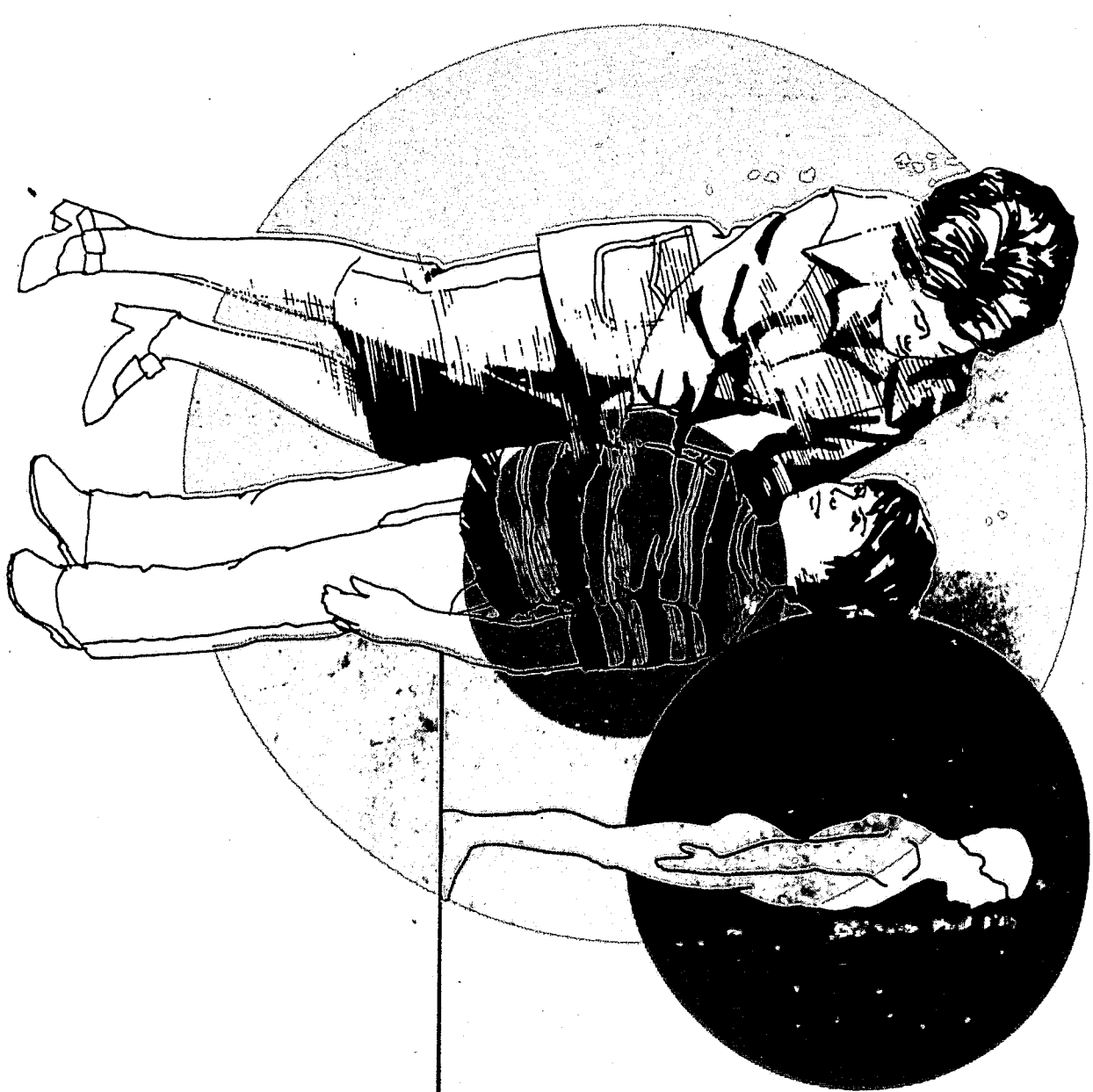
1. Improves appearance and makes clothes fit and look better.
2. Aids in personality development by instilling confidence and pride.
3. Promotes better health since body organs have room to work properly.
4. Makes it easier to work and play since the body is better coordinated and more comfortable.
5. Lessens possibility of accidental injury since the body is in balance.

WHAT ARE THE CAUSES OF POOR POSTURE?

1. Poor eyesight.
2. Foot problems or ill-fitting shoes.
3. Weak muscles which cannot hold the body in proper position.
4. Improper nutrition leading to a deficiency in vitamins and minerals.
5. Poor bedding which does not properly support back muscles.
6. Negative physical and mental attitudes.
7. A distortion in the body from failure to develop properly.
8. An injury to muscles, ligaments, tendons or bones.
9. Excessive weight which the body cannot adequately support.
10. Emotional and physical stress.

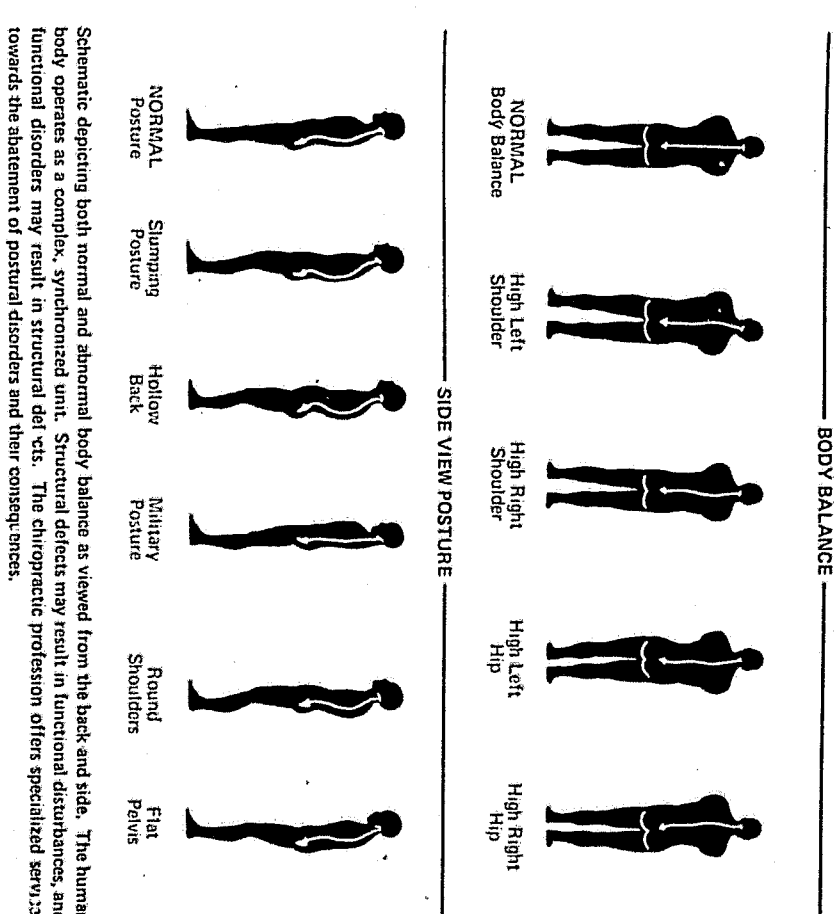
MOST POSTURAL FAULTS CAN BE HELPED

You cannot be really physically fit without good posture, for health and efficiency are affected by posture. Poor posture contributes to shallow breathing, a cramped chest cavity, faulty digestion and poor elimination. It often results in lack of energy. Working efficiency is impaired. Employers and teachers, as well as parents, should be



constantly on the alert for opportunities to improve the postural environment of those under their supervision. Better and more scientifically designed chairs, better positioning of work materials, a more informative program of postural education . . . all will contribute to more and better production.

If you or a member of your family has a postural problem, you should seek the advice and corrective treatment of a doctor of chiropractic. Unless there is an anatomical or pathological deficiency, your chances for correction are excellent. As a preliminary to corrective treatment to improve your posture, the doctor of chiropractic makes a thorough examination of your spine and related tissues. He may use X-ray if need is indicated. You can depend upon his specialized knowledge to help you have a happier, healthier life with better posture.



SUGGESTED POSTURE EXERCISES

Starting Position: Stand erect, feet together, arms at sides. **Action:** Count 1 — Lift arms sideward and upward while raising on toes and taking a slow, deep breath. Count 2 — Exhale slowly while returning to starting position. Repeat specified number of times.

Starting Position: Stand erect, feet spread apart, hands extended sideward at shoulder level, palms down. **Action:** Count 1 — Bend and twist trunk, touching right hand to left toe. Count 2 — Return to starting position. Counts 3 and 4 — Same action to other side. Repeat specified number of times.

Starting Position: Stand erect with elbows at shoulder height, hands clenched in front of chest. **Action:** Count 1 — Thrust elbows back vigorously without arching back. Keep head up, elbows at shoulder height. Count 2 — Return to starting position. Repeat specified number of times.

Starting Position: Stand erect, arms at sides, feet parallel and 7" apart. **Action:** Swing arms sideward and upward in full arcs crossing them at height of swinging and continuing around to starting position. Count one repetition for each complete revolution. Do specified number of repetitions in one direction, then reverse action.

STAND TALL, SIT TALL, WALK TALL.

